



Bar Lunch Menu

Served Monday to Saturday 12.30 – 3.30pm

Starters

Freshly made Soup of the Day €6.50

Served with a Bread Roll or Brown Bread

(1)(2)(4)

Seafood Chowder €9.50

Prawns, Scallops, Salmon, Mussels & Cod in a Creamy Velouté. with Homemade Brown Bread & Lemon

(1)(2)(3)(4)(10)(11)(12)

Spicy Chicken Wings €8.50

Cooked with Lemon Pepper & Tossed in Louisiana Hot Sauce with Blue Cheese Mayo & Carrot Sticks

(1)(2)(3)(4)

Main Courses

Roast Beef €15.00

Served with Seasonal Vegetables & Potatoes

(1)(4)(13)

Turkey & Ham €14.00

Served with Seasonal Vegetables & Potatoes

(1)(4)(13)

Lunch Special of The Day €14.00

Please ask your server for more details

Fish of The Day €14.00

Please ask your server for more details

Gourmet Sandwiches

Open Prawn & Smoked Salmon

Sandwich €12.90

(1)(3)(5)(10)(11)(2)(4)

The Roman Focaccia €8.90

Roast Turkey, Herb Stuffing, Brie & Cranberry Sauce & Rocket

(1)(4)(5)(3)

The Veggie Focaccia €8.90

Goat's Cheese, Mango Chutney & Cucumber, Pesto, Sundried Tomato & Onion, Mixed Leaves

(1)(2)(3)(4)(5)

The Cajun Chicken Creole Wrap €8.90

Cajun Chicken, Avocado, Cheddar, Pepper Relish & Mixed Leaves

(1)(2)(3)(4)(5)

Roast Beef Classic Panini €9.90

Sheelin's Rib Eye of Beef, Onion Marmalade, Horseradish Sauce & Rocket

(1)(2)(3)(4)(5)

All sandwiches are served with side salad

Smoked Salmon & Avocado Salad €14.50

(Healthy Option)

(3)(4)(5)(10)



Freshly made Sandwiches

Choose 3 fillings

Honey Baked Ham (13)(1), Roast Chicken (1), Beef (5) (1), Turkey, Salad (1), Tuna (10) (1), Cheese (4) (1), Red Onion, Sweetcorn, Cucumber, Tomato

Plain Sandwich €6.50

Toasted Sandwich €7.50

Soup & Sambo Deal €11.50

(2)(4)

Desserts

Warm Chocolate Brownie €6.95

Hot Chocolate Sauce, Honeycomb & Ice-Cream
(1)(3)(4)

Cheesecake of the Day €6.95

Please ask Server for Details
(1)(4)

Homemade Sherry Trifle €6.95

Served with Vanilla Custard & Almonds (Gluten Free)
(3)(4)(9)

Dessert Special of The Day €6.95

Please ask your server for more details

ALLERGENS

