



# Bar Lunch Menu

12.30pm-3.30pm

## Starters

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### Freshly made Soup of the Day €6.50

Served with a Bread Roll or Brown Bread

(1)(2)(4)

### Seafood Chowder €9.90

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

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

### Spicy Chicken Wings €8.90

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

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

## Salads

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### Greek Salad €12.00

Olives, Sundried Tomatoes, Red Onion, Feta, Butter Lettuce and Herb Dressing  
Add Chicken + €2.00

(2)(4)(5)

### Smoked Salmon Salad €14.00

Avocado, Tomato, Cucumber and Onion with a Caesar Dressing

(2)(3)(4)(5)(10)

### Hummus Energy Salad €12.00

Beetroot, Toasted Seeds, Tomato, Onion, Cucumber Mixed Salad and Pepper Hummus

(3)(4)(5)(7)



## **Main Courses**

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### **Roast Joint of The Day €16.00**

Served with Seasonal Vegetables & Potatoes

(1)(4)(13)

### **Special of The Day €15.00**

Please ask your server for more details

### **Fish of The Day €15.00**

Please ask your server for more details

## **Baked Filled Sweet Potatoes**

### **Tandoori Chicken €10.50**

Cheese, Guacamole, Sweet Chilli Mayo and Sour Cream

Served with Salad and Coleslaw

(4)(3)(5)

### **Tuna & Sweetcorn €10.50**

Onion, Mozzarella, Sundried Tomato and Mayo

Served with Salad and Coleslaw

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

### **Roast Veggies €10.50**

Hummus, Red Pepper and Beetroot

Served with Salad and Coleslaw

(7)(5)



## **Gourmet Sandwiches**

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### **Ham & Cheese €8.90**

Ham, Cheese, Relish and Mixed Leaves Served in Toasted Sour Dough Bread  
(1)(2)(3)(4)

### **The Roman €9.90**

Roast Turkey, Herb Stuffing, Rocket, Red Onion, Brie & Cranberry Sauce  
Served in a Brioche Bap  
(1)(3)(4)(5)

### **The Veggie €8.90**

Roast Veg, Hummus, Goat's Cheese, Mango Chutney and Mixed Leaves Served  
in a Gourmet Panini  
(1)(3)(4)(7)

### **Tandoori Chicken Wrap €9.50**

Tandoori Chicken, Avocado, Cheddar Cheese, Sweet Chilli, Mayo & Mixed  
Leaves  
(1)(3)(4)(5)

### **Open Smoked Salmon €12.90**

Smoked Salmon, Relish, Cream Cheese and Rocket Served on Toasted Sour  
Dough  
(1)(4)(5)(10)

### **BLAT €8.90**

Bacon, Butter Lettuce, Avocado and Tomato, served with Mayo on Sour Dough  
Toast  
(1)(3)(4)

*All sandwiches are served with side salad*

# Freshly Made Sandwiches

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## 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 €7.50**

Hot Chocolate Sauce, Honeycomb & Ice-Cream

(1)(3)(4)

**Cheesecake of the Day €7.50**

Please ask your server for more details

(1)(4)

**Homemade Sherry Trifle €7.50**

Served with Vanilla Custard & Almonds (Gluten Free)

(3)(4)(9)

**Dessert Special of The Day €7.50**

Please ask your server for more details

## ALLERGENS

