

# The Harbour Inn

## Early Bird Menu

### Monday – Thursday (5pm – 8pm)

2 Course €16.00  
3 Course €19.50

#### Starter

##### Homemade Soup of the Day

Served with a Bread Roll  
(Contains: Gluten & Celery)

##### Mediterranean Bruschetta

Garlic Bread with Tomato,  
Red Onion and Cheese  
(Contains: Gluten, Milk & Mustard)

##### Nachos

Spicy ground beef with cheese & tortilla chips  
(Contains: Gluten & Milk)

#### Main Course

##### Homemade Lasagne

Layers of Bolognese & Pasta with  
a Duo of Cheese  
(Contains: Celery & Mustard)

##### Harbour Burger

Handmade Burger, Topped with Bacon,  
Cheese & Tobacco Onions.  
(Contains: Gluten, Milk & Mustard)

##### Chicken Goujons

Served with BBQ & Garlic Dip  
(Contains: Gluten, Eggs, Celery, Mustard & Soya)

##### Hawaiian Chicken

Pan Fried Breast of Chicken with Bacon,  
Pineapple & Melted Cheese  
(Contains: Milk & Mustard)

##### Spicy Chicken Pasta

Lightly Spiced Chicken with Red Onions,  
Tomato & Olive Oil Sauce,  
Penne Pasta Served with Garlic Bread  
(Contains: Gluten)

##### Blackened Salmon \*(€2.00 Supplement)

Fillet of Salmon in Cajun Spices with  
Lemon & White Wine Sauce  
(Contains: Gluten, Mustard & Celery)

#### Dessert

##### Homemade Apple Pie

With Custard and Butter Scotch Sauce  
(Contains: Gluten, Eggs & Milk)

##### Hot Chocolate Fudge Cake

With Cream and Chocolate Sauce  
(Contains: Gluten, Eggs & Milk)

##### Chicken Wings

Spicy Chicken Wings with a BBQ Dip  
(Contains: Gluten, Mustard, Celery & Soya)

##### Golden Fried Mushrooms

Deep Fried Breaded Mushrooms with  
Garlic Mayo  
(Contains: Gluten, Eggs & Mustard)

##### Roast Of The Day

Ask Your Server for Details  
(Contains: Soya & May Contain Gluten)

##### Vegetarian Pasta

In a Tomato or Cream Sauce with  
Garlic Bread  
(Contains: Milk or Celery Depending on Sauce & Gluten)

##### Fried Cod \*(€2.00 Supplement)

Served with Homemade Tartar Sauce  
(Contains: Gluten, Eggs & Mustard)

##### Chicken Bang Bang

Chicken Marinated in Tandoori Spices  
Served with Spicy Mayonnaise  
(Contains: Mustard & Nuts)

##### 6oz Steak Sandwich \*(€4.00 Supplement)

Served with Ciabatta Bread, Onion Rings and  
Pepper Sauce  
(Contains: Gluten & Milk)

##### Selection of Ice Creams

(Contains: Milk)