



GLUTEN-FREE MENU

STARTER SELECTION

CHILLED FAN OF OGEN MELON €5.90
served with a Fruit Coulis

CHICKEN CAESAR SALAD €8.50
Steamed Chicken, Crispy Baby Gem, Bacon Lardons,
Freshly shaved Parmesan with Homemade Caesar dressing **3, 4, 7**
Chicken Caesar Salad Main €12.50

SEASONALLY INSPIRED SOUP OF THE DAY €5.90
Served with Gluten Free Bread **9**

MAIN COURSE SELECTION

NEAPOLITANO PASTA €16.90
Mixed Vegetables Sautéed in Olive Oil with an Authentic
Tomato Sauce Topped with Freshly Shaved Parmesan **3, 7, 12**

WARM CHICKEN RUSTIC SALAD €17.95
Pan-Fried Chicken & Bacon with Garlic Potatoes
Tossed Salad & Coriander Dressing **7, 8, 12**

THAI VEGETABLE STIRFRY €16.90
Wok-Fried, Button Mushrooms, Pungent Peppers Spring Onions
Lime, Pickled Ginger, Honey, Garlic & Soy
served with Fragrant Basmati Rice **6, 14** Add Chicken **€2.00**

GRILLED 21 DAY AGED STEAKS
100Z SIRLOIN STEAK €30.50 / 60Z SIRLOIN STEAK €24.95
SURF "N" TURF €33.95; 100Z Sirloin with Grilled Prawns 2, 4

*All of our steaks are cooked to your liking
& served with Sautéed Onions & Mushrooms, & Chips or Potato of the Day
Sauce; Cognac Laced Pepper Sauce, Garlic Butter or Gravy*

CATCH OF THE DAY €19.50
Fresh Fillet of Fish Served with Béarnaise Sauce
Chive Mash & Garden Vegetables **3, 4, 7, 12**

SELECTION OF DESSERTS - TEA COFFEE

SKINNY PREMIUM LAGER NOW AVAILABLE

Vegan, Gluten Free, Kosher, Reduced Calorie & Full of Flavour!

PLEASE ASK YOUR SERVER FOR DETAILS!

ALLERGENS; 1.Cereals containing Gluten 2.Crustaceans 3.Eggs 4.Fish 5.Peanuts 6.Soybeans
7.Milk 8.Nuts 9.Celery 10.Mustard 11.Sesame 12.Sulphates 13.Lupin 14.Molluscs