

Lunch Menu

Starters, salads and sandwiches

Starters

Home-made Soup	€6.50
Served with a crusty bread roll & homemade brown bread (2,10,9)	
Salt & Chilli Squid	€9.90
Golden fried squid served with mixed salad and sweet chilli dip (1,2,4,9)	
Marinated Chicken Wings	€8.90
Coated in a BBQ glaze and served with blue cheese dip (1,2,4,5)	
Chicken Gyoza	€9.90
Japanese-style steamed dumplings served with teriyaki & soy sauce (1,2,3,5,9,14)	
Duck Spring Rolls	€10.90
Hoisin dressing, pickled vegetable salad (2,3,9)	

Salads

Chicken Caesar Salad	€11.90
Chicken, baby gem lettuce, bacon lardons, croutons and Parmesan shavings, tossed in our signature house dressing (1,2,3,4,9)	
Warm Goats Cheese & Black Pudding Salad	€11.90
Poached pears, mixed nuts, balsamic dressing, organic leaves (1,2,9)	

Sandwiches

Served daily, 12pm-5pm. All sandwiches served with chunky chips.

Toasted Special	€11.90
Ham, cheddar, onion and tomato on white or wholemeal loaf (2,4,9)	
Toasted Chicken & Brie	€11.90
With sage and onion stuffing on white or wholemeal loaf (2,4,9)	
Classic B.L.T.	€11.90
Grilled bacon, crisp lettuce, mayonnaise and tomato on white or wholemeal loaf (1,2,4,9)	
Chicken Caesar Wrap	€12.90
Chicken, lettuce, Parmesan and bacon lardons in a toasted tortilla wrap with Caesar dressing (1,2,4,9)	

Add soup €4

Allergens: 1 Eggs · 2 Milk · 3 Fish · 4 Mustard · 5 Soya · 6 Nuts · 7 Molluscs · 8 Peanuts · 9 Gluten · 10 Celery · 11 Crustaceans · 12 Sesame · 13 Lupin · 14 Sulphur Dioxide

Lunch Menu

Mains

From the Sea

Fisherman's Pie €21.90

Mixed fish and tiger prawn medley in a white wine cream sauce with a toasted herb crust, served with mash and seasonal vegetables (2,3,8)

Pan-Fried Salmon €21.90

On a bed of Mediterranean roasted vegetables, mashed potato, lemon & white wine sauce (2,3)

Traditional Fish & Chips €19.90

Catch of the day coated in a crisp batter, tartar sauce, chunky chips & salad (1,2,3,4,9,14)

Prawn Curry €18.90

Atlantic prawns & roasted vegetables in chef's own blend of spices, served with basmati rice & chips (2,4,5,9,10,11,12,14)

Arches Prawn Stir Fry €18.90

Marinated prawns, sautéed crispy vegetables and noodles in our house-style Asian sauce (1,4,8,9,11)

Burgers

8oz Beef Burger €18.90

Prime Irish beef burger, grilled bacon, cheddar, lettuce, tomato, red onions and lightly spiced burger sauce in a brioche bun, with chips and salad (2,4,9)

Buttermilk Chicken Burger €18.90

Marinated chicken fillet, house sauce, jalapeños, lettuce, tomato, red onions and melted cheddar in a brioche bun, with chips and salad (2,4,9,14)

Beef & Poultry

Southern Fried Chicken €17.90

Golden fried chicken fillet, onion rings and Cajun cream sauce, served with chips and salad (2,4,9)

Steak Sandwich €18.90

Tender sirloin, mushrooms & onions on a toasted ciabatta, served with chips & salad (2,4,9)

Sirloin Steak €28.90

8oz sirloin steak with sautéed mushroom and onion, cracked pepper cream sauce. Cooked to your liking; served with chips & salad or mashed potato and seasonal vegetables (2,4)

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Lunch Menu

Speciality dishes, vegetarian dishes and sides

Speciality Dishes

Cajun Chicken €17.90

Tagliatelle pasta with chicken, tossed in a creamy Cajun sauce and topped with Parmesan shavings (1,2,9)

Carbonara, Chicken & Mushroom €17.90

Chicken fillet, lardons, mushrooms and tagliatelle in a garlic & Parmesan cream sauce (1,2,4,5,9,12,14)

Chicken Curry €18.90

Tender chicken fillet & roasted vegetables in chef's own blend of spices, served with basmati rice & chips (2,4,5,9,10,11,12,14)

Arches Chicken Stir Fry €18.90

Marinated chicken strips, sautéed crispy vegetables and noodles in our house-style Asian sauce (1,4,8,9,11)

Vegetarian Dishes

Tortellini Pasta €16.90

Stuffed with cheese, vegetable mélange, tossed in an Italian-style tomato sauce and finished with Parmesan cheese (1,2,9)

House Curry €15.90

Roasted vegetables in chef's own blend of spices, served with basmati rice & chips (2,4,5,9,10,11,12,14)

Arches Stir Fry €15.90

Sautéed crispy vegetables and noodles in our house-style Asian sauce (1,4,8,9,11)

Sides

Potato Chips €4

Creamy Mashed Potato €4

Buttered Garden Vegetables €3

Side Salad €3

Onion Rings €4

Garlic Mayo €1

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Lunch Menu

Children's menu, desserts and drinks

Children's Menu

For guests 12 years and under

Homemade Soup	€4.50
B.B.Q. Chicken Wings	€4.50
Plain Beef Burger & Chips	€7.50
Bacon & Cheese Beef Burger & Chips	€8.90
Chicken Nuggets & Chips	€7.90
Bangers & Mash	€7.90
3 pork sausages with mashed potato and a side of gravy	
Roast of the Day	€8.90
Seasonal vegetables & mashed potato with gravy	
Pasta & Tomato Sauce	€7
Homemade tomato pasta sauce. Add chicken €2	
Mini Fish & Chips	€9.90

Children's Desserts €4.50

Jelly & Ice Cream
Chocolate & Hazelnut Brownie
Vanilla Ice Cream - 2 scoops with syrup

Desserts €7.50

Apple Pie
Lemon Mousse
Homemade Cheesecake
Fresh Cream Profiteroles, Chocolate Sauce
Chocolate & Hazelnut Brownie

Drinks

Filter Coffee	€2.50
Americano	€3.30
Cappuccino	€3.80
Latte	€3.80
Espresso	€2.50
Flat White	€3.80
Hot Chocolate	€3.50
Iced Coffee	€4.00
Tea	€2.50
Speciality Tea	€3.00

Green · Peppermint · Vita Orange · Camomile · Apple Fruit · Summerberry · Earl Gray · Bio English

Apple Juice	€2
Orange Juice	€2
Milk - glass	€2
Milk - pint	€3

Mi Wadi

Glass €0.50 / Jug €1.00