

Lunch Menu

Light Options

Grilled Goats Cheese Salad	€11.50
beetroot, rocket and red onion salad, toasted hazelnuts and white balsamic dressing 6,7,8b,10,12	
Soup of the Day	€8.00
soda bread 1a,7,9,12	
Royal Marine Seafood Chowder	€12.00
with brown soda bread 1a,1d,2,4,7,9,11,12	
Irish Smoked Salmon Plate	€13.50
beetroot, crème fraiche, pickled red onions 4,6,7	
Buffalo Spiced Chicken Wings	€11.00
blue cheese dip 1a,3,6,7,9,10	
Large Wings	€16.50
Royal Marine Caesar Salad	€11.00
herb croutons, bacon and parmesan cheese 1a,3,4,7,9,10,11	
Add Chicken	€14.00

Mains

Baked Salmon Fillet	€24.00
saute potato, sauce veirge, and asparagus spears 4,6	
Leah's Vegan Chick Pea and Sweet Potato Curry	€19.00
with basmati rice 6	
Royal Marine Fish and Chips	€19.50
battered haddock, chips, tartar 1a,3,4,6,7,10,12	
Thai Red Curry	
with basmati rice 1,2,4,6	
Vegetable Curry	€18.00
Chicken Curry	€20.50
Prawn Curry	€24.00

Mains

Hardy's Irish Beef Burger	€18.50
baby gem, tomato and red onion, burger sauce, smoked applewood cheese, served with chips and salad 1a,3,6,7,10	
Add Grilled Bacon	€21.00
Hardy's Chicken Sandwich	€19.90
chili, lime coriander marinade, bay gem, tomato and smoked applewood cheese, garlic aioli, served with chips and salad 1a,3,6,7,10	

Desserts

Sticky Toffee Pudding	€8.50
vanilla ice cream 1a,3,6,7	
Passion Fruit Delice	€8.50
white chocolate soil, mango gel 1a,3,6,7	
Vanilla Panna Cotta	€8.50
crushed meringue, raspberry gel and fresh strawberry 3,7	
Homemade Baked Blueberry Cheesecake	€8.50
chocolate sauce and fresh cream 1a,3,6,7	
Chocolate Brownie	€8.50
caramel sauce, sea salt and clotted cream 3,7	
Vegan Chocolate Mousse	€8.50
chocolate sauce 1a,6	
Irish Cheese plate	€15.00
smoked gubbeen, bandon vale, cashel blue with chutney and crackers 1a,1d,7,9,11	

Allergen Index:

1. Gluten*
2. Crustaceans
3. Eggs
4. Fish
5. Peanuts
6. Soya-beans
7. Milk
8. Nuts*
9. Celery
10. Mustard
11. Sesame Seeds
12. Sulphur Dioxide and Sulphates
13. Lupin
14. Molluscs
- 1a. Wheat
- 1b. Rye
- 1c. Barley
- 1d. Oats
- 8a. Almond
- 8b. Hazelnut
- 8c. Walnut
- 8d. Cashew
- 8e. Pecan
- 8f. Brazil
- 8g. Pistachio
- 8h. Macadamia