

# LUNCH MENU

## LIGHT OPTIONS

|   |               |
|---|---------------|
| <b>Grilled Goats Cheese Salad</b>   | <b>€12.00</b> |
| beetroot, rocket, cherry tomato, red onion and red pepper salad, toasted hazelnuts and white balsamic dressing 3,6,7,8b,10,12 |               |
| <b>Large</b>  | <b>€15.00</b> |
| <b>Soup of the Day</b>  | <b>€8.00</b>  |
| soda bread 1a,1d,7,9,12   |               |
| <b>Royal Marine Seafood Chowder</b>   | <b>€12.50</b> |
| with brown soda bread 1a,1d,2,4,7,9,11,12   |               |
| <b>Irish Smoked Salmon Plate</b>  | <b>€13.50</b> |
| beetroot, crème fraîche, pickled red onions 4,6,7   |               |

## MAINS

|   |               |
|---|---------------|
| <b>Baked Salmon Fillet</b>  | <b>€24.00</b> |
| crushed baby boiled potatoes, with chive and parmesan, sauce veirge 4,6 |               |
| <b>Leah's Vegan Chick Pea and Sweet Potato Curry</b>                    | <b>€19.00</b> |
| with basmati rice 6   |               |
| <b>Green Thai Coconut and Lemongrass Curry</b>                          |               |
| with basmati rice 2,4,6   |               |
| <b>Vegetable Curry</b>  | <b>€19.00</b> |
| <b>Chicken Curry</b>  | <b>€21.00</b> |
| <b>Prawn Curry</b>  | <b>€25.00</b> |

## SIDES

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|--|--------------|
| <b>Sweet Potato Fries 1a,6</b>                 | <b>€6.00</b> |
| <b>Truffle Fries with Parmesan 1a,3,6,7,10</b> | <b>€6.00</b> |

## DESSERTS

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|--|---------------|
| <b>Crème Brûlée</b>  | <b>€10.00</b> |
| Baileys infused with caramelised brown sugar 3,7                                 |               |
| <b>Chocolate Nemesis</b>   | <b>€10.00</b> |
| delicate gluten free chocolate cake, balanced with selection of fresh fruits 3,7 |               |
| <b>Maximiliano's Baked Blueberry Cheesecake</b>                                  | <b>€10.00</b> |
| chocolate sauce and fresh cream 1a,3,6,7   |               |

### 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

|   |               |
|---|---------------|
| <b>Chicken Wings</b>  | <b>€11.50</b> |
| <b>Choice of sauce, Buffalo or BBQ</b>                          |               |
| with blue cheese dip 1a,3,6,7,9,10,12                           |               |
| <b>Large Wings</b>  | <b>€16.50</b> |
| <b>Royal Marine Caesar Salad</b>                                | <b>€11.00</b> |
| herb croutons, bacon and parmesan cheese 1a,2,3,4,7,9,10,11     |               |
| <b>Add Chicken</b>  | <b>€14.00</b> |
| <b>Chicken Caesar Wrap</b>                                      | <b>€16.00</b> |
| <b>Warm Falafel Flatbread</b>                                   | <b>€12.00</b> |
| beetroot hummus, pickled red onion, rocket and vegan feta 1a,11 |               |

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| <b>Royal Marine Fish and Chips</b>                             | <b>€19.50</b> |
| battered haddock, chips, tartare with mushy peas 1a,3,4,6,7,10 |               |

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|---|---------------|
| <b>Hardy's Irish Beef Burger</b>  | <b>€19.50</b> |
| baby gem, tomato and red onion, burger sauce, cheddar cheese, served with chips and salad 1a,3,6,7,10 |               |
| <b>Add Grilled Bacon</b>  | <b>€21.00</b> |

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| <b>Hardy's Chicken Burger</b>  | <b>€19.50</b> |
| chilli, lime coriander marinade, bay gem, tomato and smoked applewood cheese, garlic aioli, sliced pickles served with chips and salad 1a,3,6,7,10 |               |

### ALL BEEF SERVED IS OF IRISH ORIGIN

|                                     |              |
|-------------------------------------|--------------|
| <b>Champ or Plain Mash 7,12</b>     | <b>€5.00</b> |
| <b>Mini Caesar 1a,3,4,7,9,10,11</b> | <b>€4.50</b> |

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| <b>Vegan Tart Tatin</b>  | <b>€10.00</b> |
| classic caramelised apple tart, served with vegan vanilla ice cream 1a,6 |               |

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|---|---------------|
| <b>Tropical Panna Cotta</b>                         | <b>€10.00</b> |
| with passion fruit mousse, and orange honey jelly 7 |               |

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| <b>Irish Cheese Plate</b>  | <b>€15.00</b> |
| smoked Gubeen, Bandon Vale and Cashel Blue, with chutney and crackers 1a,1d,7,9,11 |               |