

LUNCH MENU

STARTERS AND LIGHT BITES

Grilled Goats Cheese Salad	€13.50
beetroot, rocket, cherry tomato, red onion and red pepper salad, toasted hazelnuts and white balsamic dressing 3,6,7,8b,10,12	
Large	€16.00
Irish Smoked Salmon Plate	€15.00
beetroot, crème fraîche and pickled red onions 4,6,7	
Chicken Wings Small	€12.90
Large Wings	€16.90
choice of sauce, Buffalo or BBQ with blue cheese dip 1a,3,6,7,9,10,12	

Royal Marine Caesar Salad	€12.50
herb croutons, bacon and parmesan cheese 1a,3,4,7,9,10,11	
Add Chicken	€16.00
Warm Flatbread with Muhammara	€12.50
falafel, rocket, pickled red onion, rocket and vegan feta 1a,11	
Royal Marine Cream of Vegetable Soup	€8.00
soda bread 1a,1d,7,9,12	
Royal Marine Seafood Chowder	€13.00
with brown soda bread 1a,1d,2,4,7,9,11,12	

GOURMET SANDWICHES Served with chips or soup

Prosciutto Ciabatta	€15.90
toasted ciabatta, rocket, roasted peppers, buffalo mozzarella with garlic aioli and balsamic dressing 1a,3,7,10	

Caesar Chicken Flatbread Wrap	€15.90
romaine lettuce, caesar dressing and parmesan with shredded chicken breast 1a,3,10	
Coronation Chicken	€15.90
toasted ciabatta, rocket, pickles and shredded baby gem lettuce 1a,3,10	

MAINS

Hardy's Irish Beef Burger	€20.00
baby gem lettuce, tomato, red onion, burger sauce, cheddar cheese, served with chips and salad 1a,3,6,7,10	

Hardy's Chicken Burger	€20.00
chili, lime, coriander marinade, baby gem lettuce, tomato, smoked applewood cheese, garlic aioli and sliced pickles served with chips and salad 1a,3,6,7,10	

Grilled Vegan Burger	€20.00
baby gem lettuce, tomato, pickles, red onion, vegan cheese and mayo served with chips and salad 1a,6,12	

Red Thai Coconut and Lemongrass Curry	
courgette and red pepper served with basmati rice 2,4,6,7	
Vegetable Curry	€19.00
Chicken Curry	€21.00

Seared Salmon Fillet	€25.00
crushed baby boiled potatoes with chive, parmesan, mixed greens and sauce veirge 4,6	

Royal Marine Fish and Chips	€22.50
battered haddock, chips, tartare and mushy peas 1a,3,4,6,7,10	

SIDES AND DIPS

Sweet Potato Fries 1a	€6.90
Champ or Plain Mash 7,12	€5.50
Chips 1a	€5.50

Garlic Aioli 3,10	€2.00
Pepper Sauce 7,12	€2.00
Blue Cheese Dip 3,7,10	€2.00

DESSERTS

Pistachio Opera	€10.50
layers of sponge cake, pistachio cream with white chocolate ganache and hints of coffee, accompanied by whiskey sautéed berries 1a,3,7,8g	

Mango Cheesecake	€10.50
creamy mango cheesecake on a crunchy hazelnut base with chocolate sponge 1a,3,7,8a,8b	

Cherry Clafoutis	€10.50
served with a red fruit sorbet 3,7	

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 Sulphites, 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