

# LUNCH MENU

## STARTERS AND LIGHT BITES

|                                                                                                                               |               |
|-------------------------------------------------------------------------------------------------------------------------------|---------------|
| <b>Grilled Goats Cheese Salad</b>                                                                                             | <b>€14.00</b> |
| <b>Large</b>                                                                                                                  | <b>€16.00</b> |
| beetroot, rocket, cherry tomato, red onion and red pepper salad, toasted hazelnuts and white balsamic dressing 3,6,7,8b,10,12 |               |
| <b>Irish Smoked Salmon Plate</b>                                                                                              | <b>€15.50</b> |
| beetroot, crème fraîche and pickled red onions served with soda bread 1a,1d, 4,6,7                                            |               |
| <b>Chicken Wings Small</b>                                                                                                    | <b>€13.50</b> |
| <b>Large Wings</b>                                                                                                            | <b>€17.00</b> |
| choice of sauce, Buffalo or BBQ with blue cheese dip 1a,3,6,7,9,10,11,12                                                      |               |

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| <b>Thai Tiger Prawn Salad</b>                                                                                              | <b>€17.00</b> |
| napa cabbage, spring onion, radish, bean sprouts, cucumber and carrot salad, with chilli lime and coriander dressing 2,4,6 |               |
| <b>Royal Marine Cream of Vegetable Soup</b>                                                                                | <b>€8.00</b>  |
| soda bread 1a,1d,7,9,12                                                                                                    |               |
| <b>Royal Marine Seafood Chowder</b>                                                                                        | <b>€13.50</b> |
| with brown soda bread 1a,1d,2,4,7,9,12                                                                                     |               |
| <b>Royal Marine Caesar Salad</b>                                                                                           | <b>€13.00</b> |
| herb croutons, bacon and parmesan cheese 1a,3,4,7,10,11                                                                    |               |
| <b>Add Chicken</b>                                                                                                         | <b>€16.00</b> |
| <b>Warm Flatbread with Muhammara</b>                                                                                       | <b>€13.00</b> |
| falafel, parsley, pickled red onion, rocket and vegan feta 1a,11                                                           |               |

## GOURMET SANDWICHES Served with chips 1a, or soup 7,9,12

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| <b>Prosciutto Ciabatta</b>                                                                                            | <b>€16.50</b> |
| Toasted ciabatta, rocket, roasted peppers and buffalo mozzarella with garlic aioli and balsamic dressing 1a,3,7,10,12 |               |

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| <b>Coronation Chicken</b>                                               | <b>€16.50</b> |
| toasted ciabatta, rocket, pickles and shredded baby gem lettuce 1a,3,10 |               |

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| <b>Caesar Chicken Flatbread Wrap</b>                                                  | <b>€16.50</b> |
| romaine lettuce Caesar dressing and parmesan with shredded chicken breast 1a,3,4,7,10 |               |

## MAINS

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| <b>Hardy's Irish Beef Burger</b>                                                                                                                     | <b>€21.00</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>€22.50</b> |
| <b>Double Burger</b>                                                                                                                                 | <b>€25.00</b> |
| <b>Hardy's Chicken Burger</b>                                                                                                                        | <b>€21.00</b> |
| chili, lime coriander marinade, bay gem, tomato and smoked applewood cheese, garlic aioli and sliced pickles served with chips and salad 1a,3,6,7,10 |               |
| <b>Grilled Vegan Burger</b>                                                                                                                          | <b>€21.00</b> |
| baby gem, tomato, pickles and red onion, vegan cheese and mayo served with chips and salad 1a,6,11,12                                                |               |

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| <b>Red Thai Coconut and Lemongrass Curry</b>                                          |               |
| with courgette red pepper and served with basmati rice 2,4,6,7                        |               |
| <b>Vegetable Curry</b>                                                                | <b>€20.00</b> |
| <b>Chicken Curry</b>                                                                  | <b>€22.00</b> |
| <b>Seared Salmon Fillet</b>                                                           | <b>€26.00</b> |
| crushed baby boiled potatoes, with chive, parmesan, mixed greens and sauce veirge 4,7 |               |
| <b>Royal Marine Fish and Chips</b>                                                    | <b>€23.50</b> |
| battered haddock, chips, tartare with mushy peas 1a,3,4,6,10                          |               |

## SIDES AND DIPS

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| <b>Champ or Plain Mash 7,12</b>                                  | <b>€5.00</b> |
| <b>Chips 1a</b>                                                  | <b>€6.00</b> |
| <b>Mini Caesar 1a,3,4,7,9,10,11</b>                              | <b>€7.50</b> |
| <b>Sweet Potato Fries 1a,6</b>                                   | <b>€7.90</b> |
| <b>Truffle Fries with Parmesan 1a,3,6,7,10</b>                   | <b>€7.90</b> |
| <b>Green Vegetable Selection with Roasted Almond Butter 7,8a</b> | <b>€6.50</b> |

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|------------------------------------------------|--------------|
| <b>Side Salad 3,10</b>                         | <b>€6.00</b> |
| <b>Bread Rolls and Butter Rosettes 1a,7,11</b> | <b>€3.90</b> |
| <b>Garlic Aioli 3,10</b>                       | <b>€2.50</b> |
| <b>Pepper sauce 7,12</b>                       | <b>€2.50</b> |
| <b>Blue Cheese Dip 3,7,10</b>                  | <b>€2.50</b> |
| <b>Heinz Ketchup or Mayonnaise 3,10</b>        | <b>€0.75</b> |

## DESSERTS

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| <b>Pistachio Opera</b>                                                                                                                      | <b>€10.50</b> |
| layers of sponge cake, pistachio cream with white chocolate ganache and hints of coffee, accompanied by whiskey sautéed berries 1a,3,6,7,8g |               |

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|-----------------------------------------------------------------------------------------|---------------|
| <b>Mango Cheesecake</b>                                                                 | <b>€10.50</b> |
| creamy mango cheesecake on a crunchy hazelnut base with chocolate sponge 1a,3,6,7,8a,8b |               |
| <b>Cherry Clafoutis</b>                                                                 | <b>€10.50</b> |
| served with a red fruit sorbet 3,6,7,8a                                                 |               |

### 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