



LUNCH MENU

Grilled Goats Cheese Salad

beetroot, rocket, cherry tomato, red onion and red pepper salad, toasted hazelnuts and white balsamic dressing
3,6,7,8b,10,12

Irish Smoked Salmon Plate

beetroot, crème fraîche and pickled red onions
4,6,7

Chicken Wings

choice of sauce, Buffalo or BBQ with blue cheese dip
1a,3,6,7,9,10,12

Royal Marine Caesar Salad

herb croutons, bacon and parmesan cheese
1a,3,4,7,9,10,11

Warm Flatbread with Muhammara

falafel, rocket, pickled red onion, rocket and vegan feta
1a,11

Char Grilled Tiger Prawn Salad

avocado, mango and cherry tomato salad with mango aioli
2,4,7

Royal Marine Cream of Vegetable Soup

soda bread
1a,1d,7,9,12

Hardy's Irish Beef Burger

baby gem lettuce, tomato, red onion, burger sauce, cheddar cheese
served with chips and salad
1a,3,6,7,10

Hardy's Chicken Burger

chilli, lime, coriander marinade, baby gem lettuce, tomato, smoked applewood
cheese, garlic aioli, sliced pickles served with chips and salad
1a,3,6,7,10

Char Grilled Cauli Steak

beetroot hummus, rocket, tomato salad, basil, chickpea and coriander salsa
11

Royal Marine Fish and Chips

battered haddock, chips, tartare with mushy peas
1a,3,4,6,7,10

ALL BEEF SERVED IS 100 % OF IRISH ORIGIN AND CHICKEN IS OF EU ORIGIN

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