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# LUNCH MENU

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## 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 fraiche 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