

Lunch Menu

STARTERS & DELI

Soup of the Day

stout & treacle brown bread

€6.50

1, 3, 6, 7, 9, 12

Galway Bay Seafood Chowder

stout & treacle brown bread

€8.50

1, 2, 3, 4, 6, 7, 9, 12, 14

BBQ Chicken Wings

ranch dip

€8.95

6, 7, 9, 10, 12

Atlantic Smoked Salmon

*pickled salad, capers, stout
& treacle brown bread,
lemon and dill oil*

€13.90

1, 2, 3, 4, 9, 12

Mezze Plate

*falafels, hummus, sundried
tomatoes, olives, feta, organic
salad, ciabatta*

€12.50

1, 6, 7, 9, 10

Marinated Haloumi Salad

*quinoa, roasted golden
beetroot, nuts and seeds*

€9.50

1, 5, 6, 8, 10, 12,

Chicken Caesar Salad

*baby gem lettuce, sourdough
croutons, cherry tomato,
parmesan shavings*

€8.90

1, 3, 6, 7, 10, 12

Available as a Main Course +€3

SANDWICHES

Ham & Mature Cheddar Cheese Ciabatta Toastie

€8.00

1,3,6,7

Southern Fried Chicken Wrap

lettuce, tomato, caesar dressing

€10.00

1,3,6,7,10,12

Brioche Roast Beef Melt

*caramelised red onion, swiss cheese,
horseradish mayo*

€9.50

1,3,6,7,10

The Daily Express

soup & sandwich of the day

€9.95

ALLERGENS

V Vegan **1** Cereal Containing Gluten (i.e. Wheat, Rye, Barley, Oats) **2** Crustaceans (i.e. Crab, Prawns) **3** Eggs **4** Fish **5** Peanuts **6** Soy-beans
7 Milk **8** Nuts **9** Celery **10** Mustard **11** Sesame Seeds **12** Sulphur Dioxide & Sulphites **13** Lupin **14** Molluscs (i.e. Mussels, Oysters & Scallops)

All of our beef is of Irish origin

Lunch Menu

MAINS

Fish & Chips

tartare sauce,
organic leaf salad

€18.00

1, 3, 4, 7, 9, 10, 12

Pappardelle Pasta

seasonal vegetables,
creamy red pesto sauce,
parmesan shavings

€14.50

1, 3, 6, 7, 9, 12

Traditional Greek Vegetable Moussaka

organic leaf salad, chips

€14.50

1, 6, 10, 12

Beef Burger

streaky bacon, tomato, swiss
cheese, Hardiman sauce,
brioche bun, french fries

€18.00

1, 3, 7, 12

Galway Bay Fisherman's Pie

organic leaf salad, garlic crostini

€15.00

1, 2, 4, 7, 9, 12, 14

Thai Massamon Chicken Curry

steamed basmati rice, naan bread

€16.50

1, 2, 5, 6, 8, 9, 10, 11, 12

Roasted Supreme of Chicken

sauté baby potatoes,
chorizo, green beans,
marsala sauce

€18.50

6, 7, 9, 12

Pan-fried Fillet of Hake

spiced tomato and caper
ragout, surf clams,
tender broccoli

€24.00

4, 6, 7, 9, 12

SIDES

Parmesan Truffle Fries

€5.50

6, 7, 12

Organic Leaf Salad

€4.50

9, 10, 12

Chips

€4.50

6, 12

Creamy Mash Potato

€4.50

7, 12

Maple Roasted Root Vegetables

€4.50

6

DESSERTS

Lemon Parfait

raspberry sorbet,
toasted marshmallow,
pistachio

€7.50

1, 3, 7, 8

Chocolate Mousse Tartelette

mascarpone ice cream,
passionfruit coulis,
puffed rice

€8.00

1, 3, 7

Seasonal Fruit Crumble

crème anglaise

€8.50

1, 3, 7

Strawberry Basil Napoleon

marinated strawberries,
almond praline,
crème anglaise

€8.50

1, 3, 7, 8

Farmhouse Cheeses

quince, crackers

€12.90

1, 7

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