

*Len de Ghrüpa*  
**Gaslight Group Lunch**

two courses with tea or coffee €28.00

three course with tea or coffee €35.00

Soup of the Day

1, 3, 7, 9

Honey & Soy Glazed Chicken Wings

sesame seeds, spring onion

6, 11, 13

Seafood Chowder

pernod & coriander cream, treacle & guinness brown bread

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

Heritage Beetroot Salad

whipped bluebell falls goat's cheese, toasted seeds, walnut dressing

1, 3, 7, 8, 10, 11, 12

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Braised Daube of Charleville Beef

roast garlic and rosemary potato puree, bourguignon jus

6, 9, 12

Thai Coconut Massaman Chicken Curry

steamed basmati rice, crispy poppadom, mint and cucumber raita

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

Mizo Glazed Salmon

tender stem broccoli, sesame seed, black bean sauce

4, 6, 7, 10, 11, 12

Golden Beer Battered Fish & Chips

wasabi crushed peas, chips and tartar sauce

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

Wild Mushroom & Kale Gnocchi

butternut squash velouté, smoked Hegarty's cheese and sage

1, 7

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Coconut & Whiskey Gateaux

toasted coconut, mixed berry coulis, blackberry sorbet

1, 3, 7

Triple Chocolate Mousse

dark chocolate sauce, white chocolate brittle, strawberry ice cream

3, 7

Apricot Torte

yoghurt cremeux, lavender honey, candied almonds

1, 3, 7, 8

Seasonal Fruit Crumble

vanilla bean ice cream, berry compote, chantilly cream

1, 3, 7

**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)