

LUNCH MENU

LIGHT BITES & SALADS

SOUP OF THE DAY

Served with Homemade Brown Soda Bread
€6.95 (1a)(1d)(7)(9)

CARRIGCOURT SEAFOOD CHOWDER

Melange of Fresh Fish & Brounoise of Vegetables Cooked in a Creamy Dill Velouté, Served with Homemade Brown Soda Bread
€10.50 (1a)(1d)(4)(7)(12)

GRILLED FLATBREADS

Homemade Hummus, Sundried Tomato Pesto, Olive Tapenade, Spiced Yoghurt
€7.25 (1a)(4)(7)(12)

CRISPY CHICKEN WINGS

Carrot & Celery Sticks & a Blue Cheese Dip
Starter **€7.95** / Main **€15.95** (1a)
Louisiana Hot Butter Sauce (1a)(7)(9)
Hoisin Sauce (1a)(6)(9)
BBQ Sauce (1a)(6)(9)

POACHED PEAR SALAD

Dressed Baby Leaves, Shaved Pickled Fennel, Dried Cranberries, Toasted Hazelnuts
Starter **€8.95** / Main **€16.95** (7)(8b)(12)

CRISPY DUCK & MANGO SALAD

Baby Gem Leaves, Snow Peas served with Balsamic & Honey Dressing
Starter **€9.95** / Main **€17.95** (6)(7)(12)

WARM CHICKEN & SMOKED BACON SALAD

Dressed Baby Leaves, Garlic Rustic Potatoes & Parmesan Cheese
Starter **€9.95** / Main **€16.95** (7)(12)

ALLERGENS

1. Cereals (a) Wheat (b) Rye (c) Barley (d) Oats
2. Crustacean 3. Egg, 4. Fish, 5. Peanuts (ground nuts)
6. Soybeans 7. Milk & products thereof, Lactose.
8. Nuts (a) Almonds (b) Hazelnuts (c) Walnuts (d) Cashews (e) Pecan (f) Brazil (g) Pistachio (h) Macadamia (tree nuts).
9. Celery 10. Mustard 11. Sesame seeds
12. Sulphur Dioxide/Sulphites
13. Molluscs 14. Lupines.

SANDWICHES

DOORSTEP SANDWICHES ON JACK CUTHBERT'S BREAD

Chicken, Ham, Beef, Egg, Tuna (1 meat only) Lettuce, Red Onion, Tomato, Cucumber Pickle, Coleslaw, Cheese
€6.95 (1a)(1d)(7)

HOT CHICKEN SANDWICH

Served in Thick Cut Bread, Homemade Ranch Sauce, Crisp Lettuce, Grated Cheddar Served with Fries & Salad
€11.95 (1a)(3)(7)(12)

ROAST OF THE DAY SANDWICH

Served with Salad & Fries
€11.95 (1a)(7)

OPEN SALMON, PRAWN & AVOCADO

Smoked Salmon, Poached Prawns & Ripe Avocado Served on Homemade Brown Soda Bread with Marie Rose Sauce & Smoked Paprika
€12.95 (1a)(1d)(2)(3)(4)(10)(12)

SPICED BEEF SAMBO

Slow Cooked Spiced Beef, Caramelized Onions, Rocket Leaves & Shaved Parmesan Horseradish Slaw served in Sourdough Bread
€11.50 (1a)(3)(7)(12)

TOASTED SPECIAL

Ham, Cheese, Tomato, Red Onion in Jack Cuthbert's Bread. Served with Salad & Fries
€10.50 (1a)(7)(12)

HLT CIABATTA

Grilled Halloumi, Crisp Lettuce, Heirloom Tomatoes & Guacamole Served in a Warm Garlic Ciabatta
€6.95 (1a)(7)
Add Fries & Salad **€10.50**