



BREAKFAST (7AM-12PM)

Full Irish Breakfast 10.50

Two strips of bacon, two sausages, pan fried egg, black & white pudding, tomato, mushrooms, beans, hash brown, served with tea/coffee and toast [1, 3]

Mini Breakfast 8.95

One strip of bacon, one sausage, black & white pudding, fried egg, hash brown, served with tea/coffee [1, 3]

Pan Fried Omelette 8.50

Choose from a selection of; ham, cheese, onions, mushrooms, tomatoes and peppers, served with tea/coffee [3]

Poached Eggs 5.80

Freshly poached eggs served on homemade French toast, served with tea/coffee [1, 3]

Scrambled Eggs 5.80

On French toast, served with tea/coffee [1, 3, 7]

Breakfast Your Way 5.80

Any two breakfast items (listed in the Full Irish), served with tea/coffee and toast [Additional items + €1 each]

Granola in a Glass 4.10

Natural yogurt and mixed berry compote, topped with toasted granola [1, 7, 8]

Fresh Creamed Porridge 4.10

Made-to-order with milk, finished with cream and topped with a brown sugar glaze [1, 7]

DAILY CARVERY - PLEASE SEE SPECIALS BOARD

SALADS & SANDWICHES (12-3PM)

Add chicken, cajun chicken or tuna on all salads + 0.50 each

Quinoa Sweet Potato Broccoli Mixed Nuts Salad 6.95

Sweet potatoes, quinoa, broccoli, mixed nuts, sprouts, spinach, coriander, red chili, avocado and feta cheese mixed in a citrus & white balsamic dressing [1, 5, 6, 7, 10]

Rainbow Salad With Spicy Hummus 6.95

Shredded beets, carrots, fennel, quinoa, olives, leafy greens and seeds all mixed in piri piri hummus and citrus & white balsamic dressing [1, 6, 7, 10]

Quinoa Superfood Salad 6.95

Quinoa, kale, feta cheese, garden peas, parsley, mint and broccoli, tossed in a citrus & white balsamic dressing [1, 6, 7, 10]

Asian Noodle Salad 6.95

Rice and egg noodle with spring onions, red bell pepper, sugar snaps and carrot all mixed in a Pad Thai dressing [1, 4, 6, 11]

Healthy Mexican Kale Salad 6.95

Kale and black beans, sweetcorn, bell peppers, avocado and beef tomato all in a Mexican fajita sauce [1]

Honey Mustard Potato Salad with Chorizo 6.95

Baby potatoes and fried chorizo mixed and lightly coated in gourmet mayonnaise & honey mustard [10]

High Protein Salad 6.95

Quinoa, lentils, chickpeas, red pepper, cherry tomatoes, grated carrot, spinach, green pea sprouts, pumpkin and sunflower seeds and Greek yoghurt in a tikka masala sauce [7]

Spinach Quinoa Chickpea Sugar Snaps Salad 6.95

Quinoa, feta, grape tomatoes, orange pepper, radishes, yellow chickpeas, shelled edamame, celery and purple spinach lightly tossed in citrus & white balsamic dressing [1, 6, 10]

Tikka Masala Couscous 6.95

Couscous, garden peas, white onion and grated carrot all tossed in a tikka masala sauce [1]

Roast Beef & Horseradish Sandwich 5.50

Roast beef, rocket, horseradish taco, beef tomato, red onion and gourmet mayo served in multi-grain/white bread [1, 3, 7, 10]

Carrot & Coriander Hummus Beetroot Wrap 5.50

Carrots, raisins, sweet coriander and baby leaves, hummus mixed with citrus & white balsamic in a beetroot wrap [1, 6, 10]

Rustic Tuna Egg & Olive Sandwich 5.50

Tuna, hard boiled egg, chives and sliced olives in a light coating of gourmet mayonnaise [1, 3, 4, 7]

Pulled Ham Hock with Mustard BBQ Sandwich 5.50

Pulled ham hock, mature cheddar and pickles with a South Carolina style mustard [1, 7, 10]

Chicken, Bacon, Rocket & Caesar Sandwich 5.50

Grilled chicken with bacon and chopped rocket with a light mix of gourmet Caesar mayonnaise [1, 4, 7, 9, 10]

All sandwiches are available on your choice of bread: Sourdough baguette, rustic ciabatta, floury blaa, coeliac/vegan beetroot wrap



STARTERS

Ballycotton Chowder	7.50
A seafood selection with a brunoise of garden vegetables with chopped dill and served in a cream soup [4,7,9][v](of a low gluten level)	
Sizzling Prawns Pil Pil	7.50
Argentinian red tail prawns with garlic chilli, freshly squeezed lime and tomato served with a sourdough bread [2] [c – when served with coeliac bread]	
Soup De Jour	5.95
Handmade daily with fresh ingredients and finished with cream [7] [c – when served with coeliac bread]	
Slow Roasted Pork Belly	7.50
Slow roasted overnight, apricot sauce and crispy pancetta with apple sticks (of a low gluten level)	
Artisan Duck Spring Roll	6.95
Shredded duck with crispy oriental veg, hand rolled in a spring roll pastry with a sweet chilli dip on a tossed salad [1,6,11]	
Caesar Salad	Starter 5.95 Mains 10.50
Crunchy baby gem lettuce, herb croutons and bacon tossed in dressing and garnished with grated Parmesan [1,3,7] add chicken 1.00	

SANDWICHES & SALADS

Toasted Special	8.95
Ham, mature cheddar, tomato, red onion accompanied by house fries [1, 7, 10]	
Vegan Wrap	7.95
Hummus, grated carrot, sultanas and spinach bound in a beetroot wrap [1]	
Chicken Melt	6.50
Strips of chicken marinated in Ballymaloe relish & topped with red onion and mozzarella on a rustic ciabatta [1,3,7,10]	
Super Food Quinoa, Citrus & White Balsamic Salad	7.95
Quinoa, kale, feta cheese, garden peas, mint and green beans [7]	
Mediterranean Greek Salad	6.50
Tossed lettuce, sliced cucumber, cherry tomato, red onion, black olives, mixed peppers, feta cheese and drizzled with a choice of balsamic reduction or a honey and wholegrain mustard mayonnaise dressing [3,7] (of a low gluten level)	
Classic Steak Sandwich	13.00
6oz prime Irish sirloin on a rustic ciabatta with mushrooms & onions garnished with a tossed salad served with skinny fries [1]	

MAIN COURSES

Traditional Fish N' Chips	15.95
Beer battered haddock with peas, skinny fries and homemade tartar sauce [1, 4, 7, 10]	
10oz Prime Rib Eye Steak	25.50
Panfried to your liking, served with crispy onion rings, portobello mushroom, skinny fries with pepper corn sauce or garlic butter [1, 7]	
Red Thai Curry	16.50
Chunks of chicken with roasted ratatouille vegetables in a mango-infused curry, garnished with crème fraîche [7,9]	
Chicken Stir-Fry	16.50
Wok-fried chicken strips with crispy vegetable and bean sprouts in a sweet chilli and pineapple glaze, served with turmeric infused rice [6,9,10]	
Pan Fried Hake	17.50
On a cream and spinach sauce with fresh garden potatoes and vegetable [7] (of a low gluten level)	
Chicken Supreme	16.50
Set on a wild mushroom and thyme cream sauce served with a champ mash and garden vegetables [7]	
Oven Roast Duck	16.50
Boneless half duck on a bed of rice noodle with crispy vegetables [6]	
Short Rib & Steak Burger	14.50
A duo of lean beef pan fried and set on a brioche bun garnished with lettuce and tomato served with a horse radish mayo and skinny fries [1,3,10] Add cheddar cheese, coleslaw, fried egg, bacon 50c per item	
Chicken Burger	12.95
Grilled chicken fillet set on a brioche bun garnished with ice berg lettuce and vine tomato served with homemade garlic sauce [1,3,10]	

DESSERTS

Warm Apple Pie	5.95
Traditional apple pie served with a vanilla ice cream	
Crème Brûlée	5.95
Crème Brûlée served with a fresh berry compote	
Baileys Cheesecake	5.95
Chilled baileys cheesecake served with a fresh berry compote	
Triple Chocolate Gateaux	5.95
Layers of chocolate served with a fruit coulis and fresh whipped cream	
Eldorado Ice-cream	5.95
A selection of ice-creams and served with a toffee sauce	

GASTRO & DINNER

3-9PM



WHITE WINE	150ml	200ml	Bottle
House: La Trilla Sauvignon Blanc Chile	4.50	6.00	22.50
Louis Jadot Bourgogne Chardonnay France	7.00	9.30	33.00
Hugel Pinot Blanc France	6.00	7.00	24.00
Masi Modello Pinot Grigio Italy	5.20	7.00	24.00
Berringer Founders Chardonnay USA	7.00	9.30	33.00
Santa Digna Gewürztraminer Chile	5.20	7.00	24.00
Vicars Choice Sauvignon Blanc New Zealand	5.80	7.70	27.00

ROSÉ & SPARKLING		150ml	200ml	Bottle
Rosa belle Rosé		5.80	7.73	26.00
France				
Berringer Zinfandel Rosé		5.60	7.40	26.00
USA				
Teresa Rizzi Prosecco			7.50	29.00
Italy				
Freixenet Cordon Rosado Brut			9.50	36.00
Spain				
TO SHARE	Charcuterie Board			19.95
	Cheese Board			19.95
Served till 12 midnight, subject to availability				

RED WINE	150ml	200ml	Bottle
House: La Trilla Cabernet Sauvignon Chile	4.50	6.00	22.50
Grand Bateau Rouge France	6.40	8.50	30.00
Monologo Crianza Spain	5.80	7.70	27.00
Andean Vineyards Reserve Malbec Argentina	6.00	8.00	28.00
Beringer Founders Zinfandel USA	7.00	9.30	33.00
Bila Haut Syrah, Grenache, Carignan France	6.40	8.50	30.00
Jadot Pinot Noir France	7.00	9.30	33.00



DRAUGHT	Pint	Half
Guinness	4.60	3.00
Murphy's	4.60	3.00
Heineken	4.90	3.00
Budweiser	4.90	3.00
Coors Light	4.90	3.00
Smithwicks	4.90	3.00
Hop House	4.90	3.00
Orchard Thieves	5.00	3.00
Rockshore Lager	4.90	3.00
Applesmans Cider	4.90	3.00
Bulmers Org	5.00	3.00
Chieftain IPA	5.50	3.20
Howling Gale	5.50	3.20
Rebel Red Ale	5.50	3.20
Carlsberg	4.90	3.00

BOTTLES	
Bud LN	5.00
Hein LN	5.00
Coors LN	5.00
Corona LN	5.00
Ritz LN	5.00
Satzenbrau LN	5.00
Pt Btl Guinness	4.60
Pt Btl Bulmers	5.60
Pt Btl Rockshore	5.60
Kopparburg	6.00
Erdinger Non Alcoholic	5.50
Heineken Zero	5.00

SPIRITS	
VODKA	
Smirnoff Vodka	4.70
Grey Goose Vodka	8.50

BRANDY	
Hennessy Brandy	5.60

GIN	
Cork Dry Gin	4.80
Gordon's	6.00
Bombay Sapphire	6.00
Gordon's Pink	6.00
Hendricks	6.50
Dingle	6.50
Gunpowder	7.50
Glendalough	7.50
Monkey 47	11.50

COCKTAILS & DRINK LIST

COCKTAILS

9.00

Espresso Martini

Vodka, Tia Maria, Shot of Coffee

Classic Mojito

White Rum, Lime Juice, Soda, White Sugar

Strawberry Daiquiri

Rum, Strawberry, Lime Wedge

Aperol Spritz

Prosecco, Aperol Aperitif, Soda water (garnished with wedge of orange)

Balsamicotini

Vodka, Fresh Strawberry, Balsamic Reduction, Fresh Lime Juice, Cranberry Juice

Bellini

Prosecco, Peach Puree

Tom Collins

Gin, Lemon Soda Water

Peach Daiquiri

White Rum, Peach, Lime Juice, Syrup

Whiskey Sour

Whiskey, Lemon Juice, Sugar

Pornstar Martini

Vodka, Prosecco, Passion Fruit Puree, Vanilla Syrup, Fresh Lime Juice

SPIRITS

WHISKEY

Jameson	4.60
Paddy	4.60
Powers	4.60
Writers Tears	6.50
Crested Ten	6.00
West Cork Bourbon Cask	4.60
Jameson 12 Yr Old	6.00
Redbreast 12 Yr Old	8.50
Jameson Caskmates	6.00
Jameson Gold	8.00
Midleton V. Rare	17.00
Powers Swallows	9.00
Green Spot	7.00
Yellow Spot	9.50
Scotch	6.00
Bushmills	7.00
Jack Daniels	5.50
Southern Comfort	5.50
Canadian Club	5.50

LIQUEURS

Malibu	5.50
Peach Schnapps	5.50
Drambuie	6.00
Cointreau	6.00
Bénédictine	6.00
Irish Mist	6.00
Baileys Cream	5.60
Amaretto	6.00
Sambuca	6.00
Jägermeister	5.50
Pernod	5.50
Tia Maria	5.50

SOFT DRINKS

Schweppes (Tonic, Soda, Ginger Ale, Lemon)	2.30
Coke, 7Up, Club Orange, Club Lemon	2.70
Fever-Tree Tonic	3.00
Fentimans Tonic	3.00
Lucozade	3.00
Ballygowan	3.00

ALL DAY

Food Allergens: [1] gluten, [2] crustaceans, [3] eggs, [4] fish, [5] peanuts, [6] soybeans, [7] milk, [8] nuts, [9] celery, [10] mustard, [11] sesame seeds, [12] sulphur dioxide + sulphites, [13] lupin, [14] molluscs, [c] coeliac, [v] vegetarian