



## Lunch Specials



### Starters / Salads

#### **Fresh Soup of the Day €6.95**

*Served with our own Homemade Brown Bread*

1 (Wheat) (Ask server re allergens)

#### **Atlantic Seafood Chowder €8.95**

*Served with our own Homemade Brown Bread*

1(Wheat),4,7,9,11,12,14

#### **Calamari €10.95**

*Breaded Rings of Calamari, Served with a sweet Chilli Dipping Sauce & Salad*

1(Wheat),3,7,10,12,14

#### **Buffalo Style Chicken Wings €10.95**

*Fresh Chicken Wings served with Celery, Blue Cheese Dip with a choice of our own Buffalo Sauce or BBQ Sauce & Salad.*

3,9,10,12 (Gluten Free)

#### **Dooncastle Oysters**

*Served with a Guinness Shot | 14*

**3 for €8.50**

**6 for €14.95**

#### **Connemara Mussels | 7,10,12,14 (Gluten Free)**

*Cooked in a garlic, cream and white wine sauce served with brown bread | 1(wheat),*

**Starter Portion €10.95**

**Main Course Portion €19.95**

#### **Vegan Salad €14.95**

*Our House Salad with Roasted Peppers, Sun-Dried Tomatoes, Beetroot & Walnuts topped with Balsamic Glaze | 8,10,12 (Gluten Free)*

#### **Chicken & Bacon Caesar Salad €14.95**

*Chicken, Crispy Bacon, Parmesan, Croutons & Cos Lettuce in a Caesar Dressing 1(wheat)4,7,12*

### Gourmet Sandwiches & Wraps

#### **BLT\* €10.95**

*Bacon, Lettuce, Tomato & Mayonnaise on Toasted Bloomer Bread. 1(wheat),3,6,7,12*

#### **The Toasted Special\* €10.95**

*Classic Ham, Cheese, Tomato, Onion & Butter on Toasted Bloomer Bread. | 1(wheat),3,6,7,12*

#### **Tuna Melt Ciabatta\* €10.95**

*Tuna & Mozzarella on Toasted Ciabatta.*

1(wheat),3,6,7,12

#### **BBQ Chicken Wrap\* €10.95**

*Chicken, Cheese & Caramelised Onion with BBQ Sauce in a Toasted Tortilla wrap*

1(wheat),3,6,7,12

*\* Each Served with House Salad*

*and a Choice of*

*Fries*

*or Soup*

*or Extra Salad*

#### **Striploin Steak Sandwich €18.95**

*Striploin Steak topped with Mozzarella, Fried Mushrooms & Onions on Toasted Ciabatta served with Pepper Sauce, House Salad & Fries*

1(Wheat),3,6,10,12

#### **Open Smoked Salmon Sandwich €15.95**

*Irish Smoked Salmon served with Rocket Leaves & Capers on our home baked Brown Bread served with a house salad. | 1(Wheat),2,3,4,7,10,12*

#### Allergens:

1. Cereals containing 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 and sulphites, 13. Lupin, 14. Molluscs.

**Please advise your server of any severe food allergies.**

