



Lunch Specials



Starters / Salads

Fresh Soup of the Day €7

Served with our own Homemade Brown Bread

1 (Wheat) (Ask server re allergens)

Atlantic Seafood Chowder €10

Served with our own Homemade Brown Bread

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

Calamari €12

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

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

Buffalo Style Chicken Wings €12

Fresh Chicken Wings served with Celery, Blue Cheese Dip with our own Buffalo Sauce & Salad.

3,9,10,12 (Gluten Free)

Oysters

Served with a Guinness Shot | 14

3 for €9

6 for €16

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 €12

Main Course Portion €22

Quinoa Salad €16

Quinoa Salad with Roasted Peppers, Sun-Dried Tomatoes, Olives & Walnuts | 8,10,11,12

(Gluten Free)

Gourmet Sandwiches & Wraps

BLT €12

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

The Toasted Special €12

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

Tuna Melt Ciabatta €12

Tuna & Mozzarella on Toasted Ciabatta.

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

BBQ Chicken Wrap €12

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

Open Seafood Sandwich €26

Irish Smoked Salmon, Atlantic Prawns and Cleggan bay Crab meat 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.

