

Lunch Menu

- SALADS -

Superfood Salad €14.50 Quinoa, Long Stem Broccoli, Avocado, Beetroot, Blueberry, Sunflower & Pumpkin Seeds, Feta, Toasted Almonds, Watermelon, Edamame Beans, Walnut Dressing 6 7 8.a.c V VE - At Request (Add Ballycotton Smoked Salmon, Grilled Chicken or Crayfish for €5.50)	Caesar Salad €13.00 Bacon Lardons, Soft Boiled Egg, Croutons, Cos lettuce, Aged Parmesan 1.a 3 4 7 10 (Add Ballycotton Smoked Salmon, Grilled Chicken or Crayfish for €5.50)
Asian Pork Salad €18.50 Crispy Pork Belly, Mixed Peppers, Cucumber, Bean Sprouts, Red Onion, Coriander, Sweet Chilli, Cashew Nuts, Ume plum sesame seed 1.a 6 8.d 11	Cauliflower Tempura €14.50 Mixed Peppers, Cucumber, Bean Sprouts, Red Onion, Coriander, Sweet chilli, Ume plum sesame seeds. Cashew Nuts 1.a 6 8.d 11 V VE



- CLASSICS -

Soup of the Day €8

Home Made Soup, Artisan Bread |1.a|9|11|V|VE|8|

Seafood Chowder €12

Irish Soda Bread, Smoked Achill Sea Salt |1.a|7|4|2e|14.b,e|9|

Louisiana Hot Chicken Wings €13.50 / €17.50

Celery Stick, Blue Cheese Sauce |3|7|9|10|

(Small 9 wings/ Large 14 wings)

Fish & Chips €19.50

Battered Fish of the day, Fries, Mint Pea puree, Tartar Sauce |1.a|3|4|7|10|

Boz Hereford Burger €19

Brioche Bun, Tomato, Lettuce, Ballymaloe Relish, Dubliner Cheddar, Pickles & Fries. |1.a|3|7|10| (Gluten Free Bun available)

Chicken Sriracha €18

Marinated & Grilled Chicken Breast, Brioche Bun, Crushed Avocado, Beetroot Slaw, Tomato, Iceberg Lettuce & Fries |1.a|3|7|10| (Gluten Free Bun available)

- SANDWICHES -

Smoked Salmon & Crayfish Irish

whiskey Marie Rose, Organic Leaves, Toasted Irish Soda bread & Soup or Fries |1.a|2.c|3|4|7|10| €18.50

Double Roast Honey Glazed Limerick Ham

Hot Fajita Cheese, Red Pepper Relish, Soup or Fries |1.a|3|7|10|12| €17.50

Sandwich of the Day

Vegetarian sandwich decided by the chef each day €17.50

- MAIN COURSE -

Irish Chicken Supreme €21.00 Mash potatoes, Carrots, Peas, Lettuce, Bacon, White Wine Cream Sauce 7	Seaweed Tagliatelle €23.00 Clams, Mussels, Prawns, Rocket, Chilli, Lime, Cherry Vine Tomatoes 1.a 7 14.b,e 2d
Catch of the Day €22.00 Pan Fried Fillet of the day, Potatoes Mousseline, Tomatoes, Red Onion, Pineapple, Edamame Bean & Basil Salsa, Stem Broccoli 4 7	Thai Green Curry €21.00 Chickpeas, Spinach, Mediterranean Vegetables, Coconut Cream 1.a 9 V VE (Add Grilled Chicken or Prawns €5.50)
21 day Aged Boz Black Angus Sirloin Steak €29.50 Served with Portobello Mushrooms, Grilled Tomato, Onion Puree, Duck Fat Chips and choice of: Bearnaise, Peppercorn Sauce or Garlic Butter 1.c 3 4 7	Spelt €22.00 Grilled Baby Artichokes, Kalamata Olives, Sun-Dried Tomatoes, Tomato & Basil Sauce, Vegan Parmesan Cheese 1.a 9 V VE (Add Grilled Chicken or Prawns €5.50)

- SIDES -

€5.50

Creamy Mash Potatoes |7|

Wilted Greens |7|

Mixed Leaf Salad
Sun-Dried Tomatoes, Aged Parmesan Cheese |10|7|

Sweet Potato Fries
Sweet Chilli Aioli |3|7|10|

Skinny Fries
Garlic Mayo |3|7|10|

ALLERGENS

1. Gluten: |a) Wheat| b) Rye| c) Barley| d) Oats| 2. Crustaceans: |a) Crab| b) Lobster| c) Crayfish| d) Shrimps| e) Prawns| f) Krill| 3. Eggs| 4. Fish| 5. Peanuts| 6. Soybeans| 7. Milk| 8. Nuts: |a) Almonds| b) Hazelnut| c) Walnuts| d) Cashew| e) Pecan| f) Brazil nuts| g) Pistachio| h) Macadamia |j) Queensland nut| 9. Celery| 10. Mustard| 11. Sesame| 12. Sulphur dioxide| 13. Lupin| 14. Mollusks: |a) Snails| b) Clams| c) Oyster| d) Scallops| e) Mussels| f) Squid| g) Octopus| h) Cuttlefish.

V - VEGETARIAN

VE - VEGAN

GF - Gluten Free

All nut free dishes are prepared nut free, however not within a nut free environment.