



CREAM OF VEGETABLE SOUP €5.50
HOUSE BROWN SODA BREAD
(6 (WHEAT),9)

ATLANTIC CHOWDER €7.50
A CREAMY DELIGHT OF FRESH SEAFOOD, BROWN SODA BREAD
(1,2,3 (VARIOUS)6 WHEAT)

TOASTED HAM & CHEESE CROISSANT €6.50
HOUSE ROAST HAM, CHEDDAR CHEESE (6 WHEAT, 7, 9)

TOASTED SPECIAL, €6.95
THE CLONAKILTY BAKED HAM, CHEDDAR CHEESE, TOMATO & ONION, SIDE SALAD (6 (WHEAT) 7)

SPICED BEEF SANDWICH €8.00
SAUERKRAUT, ROCKET, WHOLE GRAIN MUSTARD MAYONNAISE
(6 (WHEAT) 7)

CLONAKILTY SALAD, € 9.50
MIXED SALAD LEAVES, CLONAKILTY BLACK & WHITE PUDDING, BACON, TOPPED WITH A POACHED SHANNON VALE EGG
(6 WHEAT, 9, 11)

DUCK BREAST WRAP €10.50
CARROT, CABBAGE & NOODLES, ASIAN STYLE SAUCE,
(6WHEAT, 8,9,10)

SOUP & SANDWICH COMBO €9.95
CHOWDER & SANDWICH €11.95

VEGAN SALAD €10.50
ROCKET, GREEN LENTILS, ROAST CHERRY TOMATOES & ROAST VEGETABLES.
(NO ALLERGENS)

STEAMED WEST CORK MUSSELS, €10.50
CHOOSE FROM CLASSIC MARINIÈRE OR TOMATO & HERB (2 MUSSELS, 6 WHEAT, 7, 9)

PRIME IRISH 8OZ HEREFORD BEEF BURGER, €15.95
BACON, CHEDDAR CHEESE, CAMELIZED ONIONS & RELISH (6 WHEAT, 7, 9)

WEST CORK FISH & CHIPS, €15.95
LIGHT BEER BATTERED HADDOCK, TARTARE SAUCE, MUSHY PEAS, SALAD,
(3 HADDOCK, 6 (WHEAT) 9, 11)

GOLDEN FRIED GOUJONS OF SHANNON VALE CHICKEN, €14.50
PANKO BREADCRUMBS, SWEET CHILI MAYO, SALAD & HOUSE FRIES (6 (WHEAT) 7, 9, 11)

IRISH LAMB STEW €14.95
SHOULDER OF LAMB SLOW COOKED WITH POTATOES, CARROTS, CELERY & ONIONS. (9,12,14)

ROAST STRIPLOIN OF IRISH BEEF € 16.25
CREAMY MASHED POTATOES, STEAMED VEGETABLES, YORKSHIRE PUDDING & GRAVY (6 (WHEAT) 7, 9)

BAKED FILLET OF SALMON, €15.95
CREAMY MASHED POTATOES, STEAMED VEGETABLES & A LEMON BEURRE BLANC SAUCE
(3 SALMON, 7, 9)

THAI RED CURRY, € 15.95
CHOOSE FROM DUCK, CHICKEN, BEEF, PRAWN OR VEGETABLE JASMINE RICE (7, 9) (WILL ADJUST DEPENDING UPON PROTEIN CHOSEN)

ASIAN STIR FRY, € 15.95
CHOOSE FROM SMOKED TOFU, DUCK, CHICKEN, BEEF, OR PRAWN
(6 WHEAT, 8, 9, 10)

SIDE ORDERS ALL €3.50
HOUSE FRIES, SAUTÉED MUSHROOMS, SAUTÉED ONIONS, GARLIC BREAD, SIDE SALAD, STEAMED VEGETABLES.

See our black boards
for
Today's specials



LUNCH MENU

Allergen Index

Please notify your server if you have an allergy so they can properly advise you on what dishes can be adapted to suit your needs. Allergen notes below are listed in red next to each dish.

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| 1 – Crustaceans (define type e.g. prawns or crab) | 8 – Soya |
| 2 – Molluscs (define type e.g. oysters or mussels) | 9 – Sulphites |
| 3 – Fish (define type e.g. Hake or Salmon) | 10 – Sesame |
| 4 – Peanuts | 11 – Egg |
| 5 – Tree Nuts (specify type of nut) | 12 – Celery & Celeriac |
| 6 – Cereal containing gluten (state what type) | 13 – Mustard |
| 7 – Dairy/Milk products | 14 – Lupin |