

Sides

Side Dishes

French fries	€4.50
Tossed garden salad with house dressing (Contains: 11)	€4.50
Beer battered onion rings (Contains: 6, 10 wheat, 14)	€4.50
Seasonal vegetables (see your server)	€4.50
Chunky chips	€4.50
Sweet potato fries	€4.50

Dipping Sauces:

Sweet Chilli (Contains: 11)	Each €1.60
Garlic Mayo (Contains: 6, 7)	
Spicy BBQ (Contains: 11)	
Sour cream (Contains: 2)	
Chunky tartar sauce (Contains: 2, 6, 7)	



Executive Head Chef: Alan Brady

Tell us what you're allergic to

1 Peanuts	2 Dairy	3 Shellfish & Molluscs	4 Lupin
5 Nuts,	6 Eggs	7 Soy	8 Sesame
9 Fish	10 Gluten	11 Mustard	12 Celery
13 Macadamia Nuts	14 Sulphur Dioxide / Sulphites		

(B) = Barley (W) = Wheaten (V) = Vegetarian

And we will tell you what you can eat.

All of our Beef and pork is 100% Irish.
Our oil for frying is GM free Pure Rapeseed Oil.

Desserts

Selection of Ice Cream Crushed meringue, fruit coulis, chocolate shavings (Contains: 2, 6, V)	€6.50
Warm Chocolate Brownie Vanilla ice cream, caramel sauce (Contains: 2, 6, 10 wheat, V)	€7.00
Cheesecake of the Day Chocolate sauce, fresh cream, berries (Contains: 2, 6, 10 wheat)	€7.00
Tiramisu Coffee soaked biscuit, mascarpone, fresh cream, cocoa (Contains: 2, 6, 10 wheat, 14, V)	€7.00
Treacle & Ginger Cake Crème anglaise, fresh berries, toasted almonds (Contains: 2, 5, 6, 10 wheat, V)	€7.00
Homemade Cookies With hot chocolate & marshmallows (Contains: 2, 6, 10 wheat, V)	€7.00
Freshly Baked Scone With fresh cream and strawberry preserve (Contains: 2, 6, 10 wheat, V)	€5.00
Fresh Fruit Salad Cinnamon syrup, fresh berries, raspberry sorbet (V)	€6.50
Tea & Coffee	
Specialty Tea Selection Pure peppermint & spearmint, pure rooibos (caffeine free), pure white tea with cranberry, pure camomile, pure sencha green tea, Irish breakfast, earl grey & decaf tea, ginger & lemon grass tea, elderflower & lemon	
Americano	€3.50
Espresso	€3.20
Double Espresso	€3.70
Caffè Latté (Contains: 2)	€3.70
Caffè Mocha(Contains: 2)	€3.70
Caramel Latté (Contains: 2)	€4.00
Cappuccino (Contains: 2)	€3.70
Hot Chocolate (Contains: 2)	€3.80
Irish Coffee (Contains: 2)	€8.50
Liqueur Coffee/Latté (Contains: 2)	€8.50
Extra shot of Espresso	€0.50



Lunch



Eat
Drink
Enjoy

Fast and Fresh

Confit Tomato Soup €7.50

Spiced mascarpone, herb oil (Contains: 2, V)

Chilli Chicken Salad €13.50

Crispy chicken pieces, red onion, cherry tomato, mixed baby leaf, sweet chilli dressing (Contains: 10 wheat)

Super Salad €13.00

Semi dried tomatoes, chickpeas, shaved celery, pickled red onion, feta cheese, capsicum, roasted sunflower & pumpkin seeds, mixed leaf, Dijon mustard & red wine vinaigrette (Contains: 2, 11, 12, 14, V)
With grilled chicken €16.50

Teriyaki Vegetable Stir Fry €13.00

Peppers, onion, spring onion, bean sprouts & broccoli served with steamed rice (Contains: 7, 10 wheat, 14, V)

With beef €16.50

With chicken €15.95

Soup

Chef's Soup of the Day €6.50

House-made soda (Contains: 2, 10 wheat, 12, V)

Seafood Chowder €9.00

Selection of fresh & smoked fish, shrimp & mussels, white wine cream, spring onion, herb oil (Contains: 2, 3, 9 salmon, haddock, hake, 12)

Salads

Caesar Salad €10.50

Baby gem, smoked pancetta, Caesar dressing, crunchy croutons, parmesan shavings (2, 6, 7, 9 anchovies, 10 wheat, may contain traces of nuts)

With grilled chicken €14.00

Thai Styled Beef Salad €14.50

Thai spiced beef julienne, baby gem, onion, mixed peppers, Thai style dressing (Contains: 3 oyster, 7, 8, 10 wheat, 14)

Light Bites

Create your own Served with salad and a choice of two fillings

Whole meal or White (Contains: 10 wheat) €7.00

Tortilla (Contains: 10 wheat) €7.00

Gluten Free (Contains: 7, may contain traces of sesame) €7.50

Ciabatta (Contains: 7, 8, 10 wheat) €8.50

Fillings

Chicken, ham, beef, tomato, onion, lettuce, Tuna & sweet corn contains (Contains: 6, 7, 9)

Egg mayonnaise (Contains: 6, 7)

Emmental cheese (Contains: 2)

Tipperary cream cheese (Contains: 2)

Tuna Melt €8.50

Tuna & sweetcorn, red onion, mayonnaise, emmental cheese, house-made soda bread (Contains: 2, 6, 7, 9, 10 wheat)

Feta Cheese & Roasted Peppers €8.50

Sea salt & rosemary focaccia, pickled red onion, dressed leaves (Contains: 2, 10 wheat, 11, 14, V, may contain traces of nuts)

Full Rack of Ribs €15.50

Spiced bbq & honey dip, crunchy slaw (Contains: 6, 7, 11)

Bowl of Chicken Wings

Red-hot sauce, celery stick, chunky blue cheese dip (Contains: 2, 6, 7, 12)

Small €10.00

Large €14.50

Large Plates

Thai Wrap €13.50

Wok fried beef or chicken, peppers, onion, sweet chilli mayo served with fries (Contains: 6, 7, 10 wheat, may contain traces of nuts)

Chicken & Avocado BLT €14.50

Triple decker-toasted sandwich with chicken, smoked streaky bacon, crushed avocado, tomato & baby gem served with French fries (Contains: 10 wheat, 14, may contain traces of nuts)

BBQ Pulled Pork €14.50

8 hour cooked pork shoulder, bbq sauce, melted cheese, crunchy slaw, brioche bun served with French fries

(Contains: 2, 6, 7, 10 wheat, 11, may contain traces of nuts)

Chicken Caesar Wrap €12.50

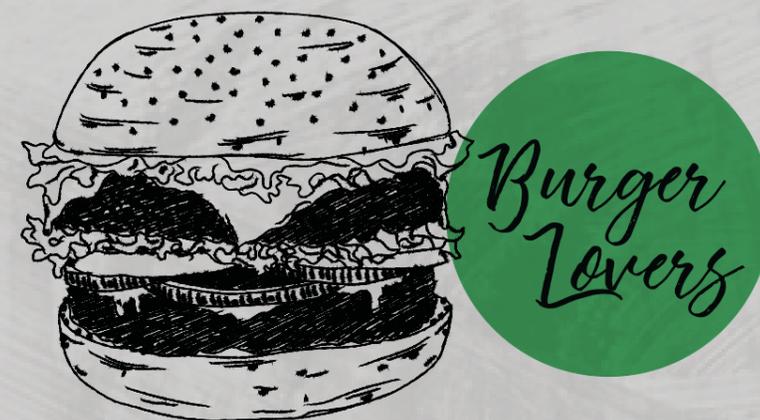
Grilled chicken, baby gem, Caesar dressing, pancetta, grated parmesan served with French fries (Contains: 2, 6, 7, 9 anchovies, 10 wheat, may contain traces of nuts)

Sundried Tomato & Basil Gnocchi €14.95

Basil oil, goats cheese, roast walnuts, balsamic (Contains: 2, 5, 10 wheat, 14, V)

Hot Roast Sandwich of the Day €13.00

Roast of the day, herb stuffing, ciabatta bread, served with French fries (Contains: 2, 7, 8, 10 wheat, may contain traces of nuts)



Classic Beef Burger €16.50

Grilled ½-pound beef patty, brioche bun, smoked streaky bacon, creamy emmental cheese, baby gem, tomato, paprika onions, sanctuary secret sauce served with French fries (Contains: 2, 6, 7, 10 wheat, 11, 14, may contain traces of nuts)

Fish "N" Chips €16.00

Beer battered fresh haddock, minted crushed peas, chunky tartar sauce, lemon, chunky chips (Contains: 6, 7, 9, 10 wheat, 14)