

Lunch Menu

Something Light

Soup Of The Day

– See Menu Board

(9)(GF ON REQUEST)

West Cork Creamy Seafood Chowder

Served with Our in-house
Treacle Soda Bread

(1,9,4)(GF ON REQUEST)

Flash Fried Cajun Calamari

Sweet Chilli, Lime & Coriander Dip
With Tossed Salad

(1,3,4,7,11,14)(GF ON REQUEST)

Upgrade to Main course portion with Fries

Steamed South West Fresh Mussels

White Wine, Cream, Basil & Fennel Broth

(1,2,4,7,11,12,14) (GF ON REQUEST)

Upgrade to Main course

Salad Bowls

Warm Baby potato, green bean, black
pudding with Tossed Mixed Leaves

(7,6,11,12,15,16,17,18,19)(GF)

Warmed Shredded Chicken

€18.00

Oak Smoked Salmon

€19.00

Vegetarian Goat Cheese

€17.00

Something Substantial

Southern Crumbed Chicken Goujons

Roasted Garlic Aioli , Seasonal Salad
& Sea Salted Fries

(1,3,7,10,12)(GF ON REQUEST)

Beer Battered haddock

Garden Pea & Herb Puree, Salad,
Sea Salted Fries & Tartar

(1,3,4,7,10,12)(GF ON REQUEST)

Loaded Caherbeg Beef
Home Made Burger

Crumbled Black Pudding, Smoked Streaky
Bacon, Jalopeño Relish & Cashel blue
Served in A warm Toasted Brioche Bun.
Fries & Salad.

(1,3,7,10,12)(GF ON REQUEST)

Home Made Wild Atlantic Way
Prawn Scampi

Parmesan & Truffle Aioli, Seasonal Salad
& Sea Salted Fries

(1,2,3,7,12)(GF ON REQUEST)

Traditional Irish Beef Cottage Pie

Cheesy Mash Potato Crust
With Salad or Vegetables

(7,9,12)(GF)

House Red Thai Curry

Turmeric & Coconut Rice, Sea Salted Fries

(2,4, 6,9,11,12,)(GF)

Mixed Bean & Spinach

€17.50

Shredded Chicken

€18.50

Mixed Seafood & Prawn

€21.00

Wild Garlic Taste Of Seafood Platter

Prawn, Squid & Chefs choice of fish
Brown soda, sweet chilli, Fries

(1,2,3,4,7,9,10,12)(GF)

Signature Sandwiches

Classic Toastie

Honey & Clove Baked ham, Vine Tomato, Red
Onion With Tomato Relish & Red Cheddar

(1,7,10,12)(GF AVAILABLE ON REQUEST)

Add Salad Or Fries

€12.00

Add Salad & Fries

€16.00

Po Boy Baguette

West Cork Southern Crumbed Haddock,
Mango aioli, Pickled Cucumber & Slaw
Served In A Crunchy Rustic Ciabatta With
Seasonal Salad & Sea Salted Fries

(1,3,4,7,9)(GF ON REQUEST)

Chicken Tortilla Wrap

Sweet chilli Chicken, Onion & Thyme
Stuffing, & Grated Mozzarella Wrap
(Toasted Or Chilled) Served With
Seasonal Salad & Sea Salted Fries

(1,3,7,9,12)(GF OPEN TOASTIE VERSION AVAILABLE ON REQUEST)

Dips

Sweet Chilli, Pepper Sauce,
Garlic Mayo, Gravy, Satay Sauce

€2.00

Side Dishes

Buttered Mash Potato(7,12)

€5.00

Sea Salted Fries(12)

€5.00

Parmesan & Truffle Aioli Fries(12,3,7,10)

€7.50

Seasonal Salad(9,10)

€5.00

Vegetables (7,9)

€5.00



Allergens: Cereals Containing Gluten (Such as Wheat, rye, barley, and oats) 2. Crustaceans 3. Egg 4. Fish 5. Peanuts 6. Soya Beans 7. Milk/Dairy 8. Nuts 9. Celery 10. Mustard 11. Sesame Seeds 12. Sulphur Dioxide 13. Lupin 14. Molluscs 15. Hazelnut 16. Almond 17. Walnut 18. Brasil Nut 19. Pine Nut 20. Coconut

PLEASE TELL YOUR SERVER OF ALL ALLERGEN & DIETARY REQUIREMENTS WHEN ORDERING
ALL OUR BEEF IS 100% IRISH & SOURCED LOCALLY

Breakfast Menu



(Available until 12 midday)

Vegan Friendly Porridge

Almond Milk, Warm Forest Fruit Compote, Cia seed & Coconut

(1,8,16,20) (GF ON REQUEST)

€8.00

Full West Cork Breakfast

2x Sausages, 2x Bacon, 3 pudding, Potato, Beans & 2x Eggs. Served with fresh Toast, Home Made Brown Treacle Soda Bread

(1,3,7,10,12)

€15.00

Half West Cork Breakfast

Sausage, Bacon, Pudding, Beans & Egg. Served With a Choice of Toast or Home-Made Treacle Brown Bread

(1,3,7,10,12)

€12.00

Gluten Free Breakfast

Sausage, Bacon, Egg, Pudding, Beans, Fries & Tomato. Served with Toasted Gluten free Bread

(3,7,10)

€16.00

Poached Eggs

Toasted White Soda Bread, Avocado Siracha or Bearnaise Sauce

(1,3,7) (GF ON REQUEST)

€13.00

Creamy Scramble Egg

Fields Toast & Cork Butter

(1, 3, 7) (GF ON REQUEST)

€11.00

Omelette

Smoked Sun-dried tomato, baby leaf spinach crumbled goat cheese (Or)

Honey Baked Ham & Cheddar

Seasonal Salad & Treacle soda bread

(1,3,7,12) (GF ON REQUEST)

Vegan Full Breakfast

Mushroom, Tomato, Spinach, Avocado, Beans, Potato, Vegan Sausage, Toast with Olive Oil

(1,12)

€15.00

Buttermilk Pancakes

(1,3,7)

With Chocolate & Nutella

€11.00

With Berry Compote & Cream

€11.00

Streaky Bacon with Maple syrup

€13.00

Extras

Sauteed Mushrooms

€2.00

Roasted Vine Tomato

€1.50

Potatoes

€3.00

Fries

€5.00

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