

THE AARON LOUNGE



STARTERS

Seasonal Soup of the Day | €7.00

Served with Brown Bread Or Roll

Contains Allergen: *Gluten (Wheat), Milk, Celery, Sulphites*

M. W. Chicken Caesar Salad | €14.95

**Baby Gem Lettuce, Bacon, Parmesan, Garlic & Herb Croutons,
Pine Kernel's, Caesar Dressing**

Contains Allergen: *Gluten (Wheat), Milk, Eggs, Mustard,
Sulphites,*

Main Course Size Available €18.50

Fiery Chilli Pesto Prawn Cocktail | €15.95

**King Prawns, Baby Gem, Avocado, Pesto Mayonnaise,
Brown Soda Bread**

Contains Allergen: *Gluten (Wheat), Egg, Crustacean,
Mustard, Sulphites*

Seafood Chowder | €10.50

Served With Brown Bread

Contains Allergen: *Gluten (Wheat), Milk, Crustacean, Molluscs,
Fish, Celery, Sulphites*

May Contain Bones

Vegan Salad | €13.00

**Vegan Feta Cheese, Heirloom Tomato, Asparagus,
Rocket, Garlic, Beetroot, Lemon Oil**

Spicy Free Range Chicken Wings | €11.50

**Double Dipped Chicken Wings, Franks Hot Sauce or BBQ Sauce, Blue
Cheese Dip, Celery Sticks**

Contains Allergen: *Milk, Eggs, Celery, Mustard,
Sulphites*

Main Course Size Available €18.50

DELI SELECTION

Smoked Salmon & Leek Quiche | €16.50

Rainbow Slaw, Mixed Leaf Salad

Contains Allergen: *Gluten (Wheat), Milk, Eggs,
Fish, Mustard, Sulphites*

Classic Tomato Bruschetta | €15.95

Sourdough Bread, Garlic, Olive Oil, Mixed Leaf Salad

Contains Allergen: *Gluten (Wheat), Sulphites*

Chorizo, Scallion & Manchego Quiche | €16.50

Rainbow Slaw, Mixed Leaf Salad

Contains Allergen: *Gluten (Wheat), Milk,
Eggs, Mustard, Sulphites*

Blue Cheese & King Oyster Mushroom Quiche | €16.50

Rainbow Slaw, Mixed Leaf Salad,

Tear Drop Peppers

Contains Allergen: *Gluten (Wheat), Milk,
Eggs, Mustard, Sulphites*

BLT | €16.50

Crispy Bacon, Lettuce, Tomato, Side Salad, House Chips

Contains Allergen: *Gluten (Wheat), Milk, Mustard, Sulphites*

Mount Wolseley Club Sandwich | €16.95

Chicken, Crispy Bacon, Lettuce, Tomato, Boiled Egg,

Mayo, Side Salad, House Chips

Contains Allergen: *Gluten (Wheat), Milk,
Eggs, Mustard, Sulphites*

Smoked Salmon | €16.95

Smoked Salmon, Brown Soda Bread, Red Onion,

Capers, Mixed Leaves

Contains Allergen: *Gluten (Wheat), Milk, Fish,
Eggs, Mustard, Sulphites*

Creamy Beef Pastrami Wrap | €15.95

Pastrami, Cream Cheese, Sauerkraut, Pickle,

Mixed Leaves, Rainbow Slaw

Contains Allergen: *Gluten (Wheat), Milk, Mustard, Sulphites*

Turkey & Guacamole Wrap | €14.95

Turkey, Tomato, Avocado, Cucumber, Chilli,

Mixed Leaves, Rainbow Slaw

Contains Allergen: *Gluten (Wheat), Milk, Mustard, Sulphites*

Chicken Caesar Wrap | €14.95

Chicken, Baby Gem, Croutons, Bacon Lardons, Parmesan,

Mixed Leaves, Rainbow Slaw

Contains Allergen: *Gluten (Wheat), Milk,
Eggs, Mustard, Sulphites*

Avocado & Tzatziki | €14.95

Sourdough Bread, Rainbow Slaw, Mixed Leaf Salad

Contains Allergen: *Gluten (Wheat), Milk,
Eggs, Mustard, Sulphites*

MAIN COURSE

Chargrilled 8oz Prime Irish Sirloin Steak | €35.50

Portobello Mushroom, Grilled Tomato, Charred Sweetcorn,
Glazed Carrot, House Chips

Peppercorn Sauce or Garlic Butter

Contains Allergen: Milk, Celery, Soya, Sulphites

Mount Wolseley Irish Beef Burger | €23.95

2 x 4oz Irish Hereford Burgers, Flour Bap, Bacon, Dubliner Cheddar,
Dijon Mayo, Baby Gem Lettuce, Beef Tomato, House Relish,
Dill Pickle, House Chips, Side Salad

Contains Allergen: Gluten (Wheat) Milk, Eggs, Mustard, Sulphites

Cajun Spiced Chicken Burger | €23.95

Flour Bap, Dill Pickle, Dubliner Cheddar, Marie Rose Sauce,
Baby Gem Lettuce, Beef Tomato, House Chips, Side Salad

Contains Allergen: Gluten (Wheat), Milk, Eggs, Mustard, Sulphites

Lemon Sole Grenobloise | €28.95

Capers, Tenderstem Broccoli, Cherry Vine Tomato,
Creamed Potato

Contains Allergen: Milk, Fish, Sulphites

Pan Seared Organic Irish Salmon | €30.95

Chorizo Sausage, Garden Peas, Baby Beets,
Apple & Raddish Salad, Creamed Potato

Contains Allergen: Milk, Fish, Sulphites

Vegetable & Chick Pea Yellow Thai Curry (V) | €22.50

Bamboo Shoots, Pak Choi, Bean Sprouts, Basmati Rice, Naan Bread

Contains Allergen: Gluten (Wheat), Sulphites

Mount Wolseley Spiced Red Chicken Curry | €24.50

Basmati Rice, Naan Bread

Contains Allergen: Gluten (Wheat), Crustacean, Sulphites

Sauté Chicken Supreme | €26.95

Chicken Thigh, Grilled Shallot, Black Garlic, Asparagus,
Vine Tomatoes, Basil Pesto, Creamed Potato

Contains Allergen: Milk, Sulphites

Vegan Aubergine & Courgette Tagine | €22.50

Haricot & Butter Beans, Tomato, Ginger, Saffron

Contains Allergen: Nuts (Cashew), Celery, Mustard, Sulphites

**ALL MAIN COURSES CAN BE MADE GLUTEN FREE - PLEASE
INFORM YOUR SERVER**

PASTA

Spicy Chorizo & Arrabiata

Fresh Egg Garganelli Pasta | €23.95

Grana Padano Shavings

Contains Allergen: *Gluten (Wheat), Milk, Eggs, Sulphites*

Fresh Egg Garganelli Pasta | 25.95

**Garden Peas, Asparagus, King Oyster Mushrooms, Virgin Olive Oil,
Ricotta Cheese, Lemon Zest**

Contains Allergen: *Gluten (Wheat), Milk, Eggs, Sulphites*

Fresh Egg Tortellini | €27.95

Lobster & Crab Filling, Shaved Fennel, Ricotta Cheese, Lemon Zest

Contains Allergen: *Gluten (Wheat), Milk, Crustacean,
Eggs, Sulphites*

Gluten Free Pasta Option Available on Request

DESSERTS

Summer Peach | €8.50

Poached in Vanilla Stock, Clotted Cream

Contains Allergen: *Traces of Peanuts, Traces of Nuts,
Milk, Sulphites*

Upside Down Pineapple Cake | €8.50

Spiced with Rum, Rum Caramel Sauce, Chantilly Cream

Contains Allergen: *Gluten (Wheat), Traces of Peanuts,
Traces of Nuts, Milk, Eggs*

Pear & Cardamon Tarte Tatin | €8.50

Lime & Ginger Sorbet

Contains Allergen: *Gluten (Wheat) Traces of Peanuts,
Traces of Nuts, Sulphites*

Selection Of Ice Cream | €7.50

Coeliac Friendly Cookie Crumb, Fruit Coulis

Contains Allergen: *Traces of Peanuts, Traces of Nuts,
Milk, Eggs, Sulphites*

Raspberry & Coconut Sundae | €8.50

Biscotti

Contains Allergen: *Gluten (Wheat), Milk, Eggs, Soya, Sulphites
Traces of Peanuts, Traces of Nuts*

Coffee Meringue | €8.50

Passion Fruit Cream, Summer Berries

Contains Allergen: *Traces of Peanuts, Traces of Nuts, Milk, Eggs,
Sulphites*

KIDS MENU

STARTERS

Strawberry Yoghurt | €4.50

Contains Allergen: Milk

Freshly Made Soup of the Day | €4.50

Contains Allergen: Gluten (Wheat), Milk, Celery, Sulphites

Chilled Fresh Fruit Coupe | €4.50

MAIN COURSES

Spaghetti With Irish Beef Bolognese | €10.95

Contains Allergen: Gluten (Wheat), Milk, Eggs, Mustard, Soya

Breaded Chicken Goujons With Chips | €10.95

Contains Allergen: Gluten (Wheat), Milk, eggs

Sausages With Chips | €10.95

Contains Allergen: Gluten (Wheat), Sulphites

4oz Irish Beef Burger | €10.95

Contains Allergen: Gluten (Wheat), Milk, Eggs, Mustard, Sulphites

Margherita Stone Baked 9" Pizza | €12.95

Contains Allergen: Gluten (Wheat), Milk, Celery, Sulphites

DESSERTS

Ice Cream Sundae | €5.95

Contains Allergen: Gluten (Wheat), Traces of Peanuts, Traces of Nuts,
Milk, Eggs

Banana Split | €3.95

Contains Allergen: Gluten (Wheat), Traces of Peanuts, Traces of Nuts,
Milk, Eggs, Soya

Jelly & Ice Cream | €3.95

Contains Allergen: Gluten (Wheat), Milk, Eggs