



FREDERICKS

RESTAURANT

DINNER MENU

STARTERS

SEASONAL SOUP OF THE DAY

Contains: Dairy, Celery

OAK SMOKED CRISPY BACON & EGG SALAD

Baby gem lettuce, crispy bacon, parmesan, garlic & herb croutons, house dressing

Contains: Gluten (Wheat), Dairy, Eggs, Mustard, Sulphites

HAM HOCK TERRINE

Apple & cider jelly, apple & pickled vegetables, beetroot purée, toasted croute

Contains: Gluten (Wheat), Mustard, Sulphites

ARDSALLAGH IRISH GOATS CHEESE MOUSSE

Escabeche of Mediterranean vegetables, garlic & olive tapenade, crostini

Contains: Gluten (Wheat), Dairy, Sulphites

CURED TROUT

Fennel chiffonade, grapefruit, vanilla & pink pepper dressing

Contains: Fish, Sulphites

SMOKED CHICKEN FILLET

Avocado purée, mango, chilli, lime & coriander, rocket, tortilla chips

Contains: Gluten (Wheat), Sulphites

FETA & CHORIZO SALAD

Rocket, spinach, cherry tomatoes, toasted sesame seeds, pickled red onion, red pepper dressing

Contains: Dairy, Sesame Seeds, Sulphites

SUPER FOOD SALAD

Sweet potato, broccoli, sprouts, quinoa, mixed seeds, pomegranate, green leaves, raspberry vinaigrette

Contains: Sulphites

MAIN COURSES

24HR SLOW COOKED SHORT RIB OF IRISH BEEF

Roasted shallot, squash, green beans, creamed potato, red wine jus

Contains: Dairy, Sulphites

PAN ROASTED CHICKEN SUPREME

Turnip fondant, mushroom purée, braised leek, sage, polenta cake

Contains: Dairy, Sulphites

STEAMED TROUT FILLET

Roast beetroot, fennel salad, pickled mushrooms, tarragon butter sauce

Contains: Dairy, Fish, Sulphites

CONFIT PORK BELLY

Salt baked celeriac, roasted apple, buttered savoy cabbage, cider jus

Contains: Dairy, Sulphites

PAN FRIED SAGE & POLENTA CAKE

Tarragon butter sauce, seasonal vegetables

Contains: Dairy, Sulphites

OVEN BAKED HADDOCK FILLET

Lemon & basil crust, aubergine purée, roasted courgette, tomato & red pepper salsa

Contains: Gluten (Wheat), Fish, Peanuts, Sulphites

(Gluten free option available on request)

RATATOUILLE & BRIE

Aubergine purée, roasted courgette, tomato & red pepper salsa, herb oil, baked brie, toasted walnuts

Contains: Dairy, Walnuts, Sulphites

(Vegan cheese available on request)

VEGAN MASSAMAN CURRY

Lightly spiced peanut and coconut curry, roasted vegetables, chickpeas, balsamic onions, basmati rice, garlic naan bread, fresh coriander

DESSERTS

RASPBERRY PANNA COTTA

Raspberry Sorbet – Texture of White Chocolate – Raspberry Coulis

Contains: Gluten (Wheat), Dairy, Sulphites

CHOCOLATE MARQUISE

Texture of White Chocolate – Raspberry Coulis – Pistachio Ice Cream

Contains: Gluten (Wheat), Egg, Milk, Sulphites, Tree Nuts (Pistachio)

SELECTION OF ARTISAN ICE CREAMS

Chocolate Rocks – Fruit Coulis

Contains: Gluten (Wheat), Dairy, Eggs, Sulphites

LEMON POSSET

Texture of White Chocolate

Contains: Dairy, Sulphites

WARM MIXED BERRY CRUMBLE

Custard – Vanilla Ice Cream *Contains: Gluten (Wheat), Sulphites*

CHEESE BOARD *(€5 supplement)*

Crackers – Chutney – Walnuts – Grapes

Contains: Gluten (Wheat), Peanuts, Dairy, Sulphites

- **3 COURSE MENU WITH TEA & COFFEE €54.00**
- **2 COURSE MENU WITH TEA & COFFEE €46.00**