

## ***Sample Lunch Menu 2025***

### **Starters**

#### ***Seasonal Soup of the Day***

*Served with Brown Bread or Roll*

*Contains: 1 (Wheat), 4, 9, 14*

***Or***

#### ***Chicken Caesar Salad,***

*Baby Gem, Croutons, Pine Kernels, Smoked Bacon, Boiled Egg*

*Contains: (1 (Wheat), 7, 14)*

***Or***

#### ***Goats Cheese Crottin,***

*Herb Crouton, Julienne of Vegetables, Mixed Leaves, Basil Oil*

*Contains: (1 (Wheat), 4, 14)*

### **Main Course**

#### ***Slow Roasted Short Rib of Irish Beef,***

*Charred Shallot, Carrot Puree, Roast Potato, Red Wine Jus*

*Contains: (4, 9, 14)*

***Or***

#### ***Pan Seared Supreme of Chicken,***

*Wild Mushrooms, Chantenay Carrot, Kale, Roast Potato, Roast Chicken Gravy*

*Contains: (4, 9, 14)*

***Or***

#### ***Steamed Fillet of Hake,***

*Buttered Scallions, Grilled Courgettes, Roast Potato, White Wine Cream Sauce*

*Contains: (4, 8, 9, 14)*

***Or***

#### ***Chef's Vegetarian/Vegan Option***

***All main courses are accompanied with Seasonal Vegetables & Baby Boiled Potatoes***

### **Desserts**

#### ***Strawberry Meringue,***

*Chantilly Cream, Strawberry Coulis*

*Contains: (4, 7, 14)*

***Or***

#### ***Warm Apple & Berry Crumble,***

*with Vanilla Ice cream*

*Contains: (1 (Wheat) 4, 14)*

***Or***

#### ***Selection of Artisan Ice-Cream,***

*Cookie Crumb and Fruit Coulis*

*Contains: (1 (Wheat) 4, 14)*

Allergens

1 Cereals containing Gluten (specified) 2 Peanuts 3 Tree nuts (specified) 4 Milk 5 Crustacean's 6 Molluscs 7 Eggs  
8 Fish 9 Celery 10 Lupin 11 Mustard 12 Sesame Seeds 13 Soya 14 Sulphur Dioxide

Please note that our food is prepared in an environment which is not 100% allergen free