

Frederick's Restaurant Dinner Menu

3 Course Menu with Tea/Coffee €45 Per Person

2 Course Menu with Tea/Coffee €38 Per Person

Soup of the Day (1,9)

Duck Liver Croute (1,4,7,11)

Duck Liver Parfait on a Toasted Brioche Bun, Muscat & Rhubarb Coulis, Pickled Red Onion,
Dressed in Summer Leaves

Oak Smoked Crispy Bacon & Hens Egg Salad (1,4,7,11,14)

Baby Gem Lettuce, Parmesan, Herb & Garlic Croutons and House Dressing

Ardsallagh Irish Goats Cheese Mousse (1,4,14)

Escabeche of Mediterranean Vegetables, Black Garlic & Olive Tapenade with Crostini

Smoked Chicken Fillet (1,14)

With Avocado Puree, Mango Coulis with Lime & Coriander, Rocket, Tortilla Chips

Super Food Salad (14)

Sweet Potato, Broccoli, Sprouts, Quinoa, Mixed Seeds, Pomegranate & Green Leaves in
Raspberry Vinaigrette

Smoked Salmon, Fennel & Grapefruit (8,14)

Smoked Salmon with Fennel in a Citrus & Herb Dressing

Feta & Spicy Chorizo Salad (4,12,14)

Rocket & Spinach Mixed Leaves, Roasted Spicy Chorizo, Feta Cheese, Cherry Tomatoes,
Toasted Sesame, Pickled Red Onion & Red Pepper Dressing

Slow Cooked Blade of Irish Beef (4,9,13,14)

Whole Honey & Orange Roasted Carrots, Curly Kale, Creamed Potato & Anise Jus

Pan Roasted Breast of Chicken (4,9,14)

Sauteed Chestnut Mushrooms, Seasonal Greens and Creamed Potato, Balsamic & BBQ Reduction

Steamed Salmon Fillet (4,8,9,14)

Olive Oil & Fennel Seed Roasted Baby Potatoes, Tarragon Sauce and Fennel Slaw

Cider & Plum Roast Duck (4,9,13)

Half Roast Duck with Five Spice Plum, New Season Potato, Broccoli and Cider Gravy

Pea & Shallot Ravioli (1,4,7)

In a Parmesan & Herb Cream Sauce

Grilled Fillet of Seabass (4,5,8,14)

Potato, Green Beans, Chorizo & Mussels in a White Wine Broth

Vegan Massaman Curry (1,2,3,14)

Sweet Potato and Chickpeas, Coconut Cream Roasted Peanuts, Pickled Pearl Onions, Crispy Chilli and
Coriander, Served with Basmati Rice & Pitta Bread

CONTAINS ALLERGENS

Allergens Index

(1) Cereals containing Gluten (2) Peanuts (3) Tree Nuts (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