

# VEGAN MENU

## STARTERS

- Tempura Vegetables**, beetroot hummus, toasted Za'atar 9
- Vegan Nuggets**, sweet chilli dipping sauce 9
- Caesar Salad**, Vegan garlic mayo, vegan cheese, garlic croutons & Baby Gem 9
- Crispy Quinoa Cakes**, grated fennel, orange, cherry tomatoes & pumpkin seeds 9

## MAINS

- Vegi Burger**, toasted Bap, vegan cheese, goughang mayonnaise, gherkins, & fries 16
- Roast Butternut Squash Risotto**, saffron, cherry tomatoes balsamic glaze 16
- Red Vegetable Curry**, spiced coconut sauce with steamed rice 16
- Cauliflower & Broccoli Bake**, vegan cheese, potato 15

## DESSERTS

- Strawberry Delice**, vegan chocolate sauce 7.50
- Vegan Apple Pie**, vegan vanilla ice cream 7.50
- Vegan vanilla ice cream** with berry compot 7.50

# GLUTEN FREE MENU

## STARTERS

- Duck Liver Pate**, toast, bramble jelly 9
- Carrigaholt Seafood Chowder** 9
- Hot & Spicy Crispy Wings**, blue cheese dip 9
- Caesar Salad** tempura anchovies, Reggiano and smoked pancetta
- Korean Braised BBQ Ribs**, slow cooked tender pork ribs, soy & hoisin glaze 9.50

## GRILL

- 10oz Angus Beef Fillet Steak** 32  
Garlic butter or peppercorn sauce
  - 10oz Angus Prime Sirloin** 28  
Garlic butter or peppercorn sauce
  - 10oz Honey Mustard Glazed Pork Striploin** 19  
Marsala jus
- All grill's served with Portabello mushroom, fries add garlic prawns €8 extra*

## BURGER

- Natural from The Grill** 12.50  
100% Beef Burger with cheddar cheese & relish
- Brooklyn** 12.50  
100% Beef Burger, Mature cheddar cheese, salami caramelised onions, Gochujang mayonnaise
- New York** 12.50  
100% Beef Burger, Cheddar Cheese, English mustard, fried egg, iceberg, tomato & red onion
- Mac & Cheese** 12.50  
100% Beef Burger, macaroni bound in parmesan sauce, smoked bacon
- Zambi** 12.50  
Grilled Piri Piri chicken, marinated peppers, garlic & lime mayonnaise

## MAINS

- Half Roast Chicken**, onion & sage, rub, roast chicken jus 18
- Red Thai Curry**, jasmine rice, coconut milk, bell peppers, bamboo shoots and lime leaf
- Chicken €17 | Vegetable €16 | Prawn €18**
- Rosemary Braised Lamb Shank** roast garlic champ, honey roast carrots, lamb jus 21
- Simply Grilled Lemon Pepper Salmon**, sundried tomato, mash potatoes, grilled garlic prawns, grilled asparagus, caper cream & taro tapenade 24
- Sea Bass**, roast baby potatoes, quinoa, fennel & carraway seeds, sofrito pesto, lemon cream sauce 24

## STONE BAKED PIZZA

All Pizza on Gluten free base

- Margherita (V)** 12  
Bufallo Mozzarella, plum tomato sauce, fresh cherry tomatoes, basil & virgin olive oil
- Messina (V)** 15  
Marinated Aubergine, cherry tomatoes, mushrooms, onion, Artichoke, basil pesto, mozzarella, tomato sauce
- ST Tola (V)** 15  
Goat's cheese, red onion marmalade, figs, mozzarella, rucola & balsamic glaze, chilli flakes
- Marijampole** 15  
Ham, mushrooms, olives, red onions, peppers, marinara sauce, mozzarella
- Hawaiian** 15  
Smoked ham, pineapple, mozzarella, marinara sauce & fresh basil
- Tirato** 15  
BBQ pulled chicken, red onion, jalapeno's, mixed peppers, mozzarella, tomato sauce
- Capriccioso** 15  
Salami, artichokes, olives, cured ham, mushroom, bufala mozzarella, tomato sauce
- Hero** 15  
Serano ham, red onion, bufala mozzarella, tomato sauce, rucola, chilli balsamic glaze
- Florentine** 15  
Smoked Bacon, spinach, mozzarella, marina sauce cherry tomatoes, toasted pine nuts & egg
- Iberian** 15  
Roast Pumpkin & Chorizo, chilli peppers, marina sauce, mozzarella & grilled courgette

## LARGE CAESAR

- Caesar Salad** baby gem, pancetta, Reggiano cheese & Caesar dressing 14
- Add Cajun chicken €3 or garlic fried prawns €5*

## SIDES

- Skinny Cajun Fries 5
- Chunky Chips 5
- Champ 5
- Steamed Greens 5

Some of our menu items contain allergens, and some may contain nuts. If you have any dietary requirements, or require further information on our ingredients, please ask a member of our customer service team.

10% discretionary service charge will be added to groups of 8 people or more



PIZZA

FISH

BURGER

STEAK

PASTA