

APPETISERS



Vegetarian Soup of The Day	6
With treacle soda bread	
Parmesan Crumbed Crispy Cauliflower	8.50
Mild curry dipping sauce	
Hot & Spicy Crispy Wings	8.00
Blue cheese dip	
Tempura Firecracker Prawns	10
Spicy sweet chilli dipping sauce & rucola	
Caesar Salad	7.50
<i>Add chicken €4 Add Prawn €6</i>	
Carrigaholt Seafood Chowder	9
Served with treacle soda bread	
Spiced Jalapenos	8
Stuffed with cream cheese	

BURGERS



Served on toasted bun, fresh salad, Cajun fries

Natural from The Grill	14
100% Beef Burger with cheddar cheese & relish	
Brooklyn	14
100% Beef Burger, Mature cheddar cheese, salami caramelised onions, Gochujang mayonnaise	
New York	14
100% Beef Burger, Cheddar Cheese, English mustard, fried egg, iceberg, tomato & red onion	
Mac & Cheese	14
100% Beef Burger, macaroni bound in parmesan sauce, smoked bacon	
Mississippi Delta	14
Southern fried chicken, Mississippi sauce, dill pickles, jalapenos & cheese sauce	
Zambi	14
Grilled Piri Piri chicken, marinated peppers, garlic & lime mayonnaise	
Vegi Burger	14.50
Chickpea and vegetable burger, vegetarian cheese, sweet chilli mayonnaise and dill pickles	

MAINS



Half Roast Chicken	15
onion & sage, rub, roast chicken jus	
Rosemary Braised Lamb Shank	17
roast garlic champ, honeyed carrots, lamb jus	
Simply Grilled Lemon Pepper Salmon	17
sundried tomato, mash potatoes, grilled asparagus, caper cream & taro tapenade	
Beer Battered Haddock	15
crushed peas, tartar & chunky chips	
Tagliatelle Carbonara	14
pancetta, Reggiano, cream & fresh egg	
Vegetable Thai Red Curry	13
steamed rice, coconut milk, bell peppers, bamboo shoots and lime leaf	
<i>Add Chicken €2 Prawn €5</i>	

ALL PIZZAS €13.50



add Cajun fries for €2

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