

VEGAN MENU

STARTERS

Vegan Nuggets 9
sweet chilli dipping sauce

Crispy Quinoa Cakes 9
grated fennel, orange, cherry tomatoes & pumpkin seeds

Caesar Salad 9
vegan garlic mayo, vegan cheese, garlic croutons & Baby Gem

MAINS

Red Vegetable Curry 18
spiced coconut sauce with steamed rice

Veggie Burger 18
toasted Bap, vegan cheese, goughang mayonnaise, gherkins, & fries

Roast Butternut Squash Risotto 16
saffron, cherry tomatoes balsamic glaze

DESSERTS

Strawberry Delice
vegan chocolate sauce

Vegan Vanilla Ice Cream
with berry compot

Vegan Apple Pie
vegan vanilla ice cream

GLUTEN FREE MENU

STARTERS

Carrigaholt Seafood Chowder 9.50
served with treacle soda bread

Caesar Salad 9
baby gem, smoked pancetta, parmesan, slow cooked tender pork ribs, soy & hoisin glaze
garlic croutons & caesar dressing
Add chicken €4 Add Prawn €5

Korean Braised BBQ Ribs 9.50

Hot & Spicy Chicken Wings 9.50
blue cheese dip

Duck Liver Pate 9.50
toasted brioche, cumberland sauce

STEAKS | CHOPS | GRILLS

All grill's served with Portabello mushroom, fries. Add garlic prawns €8 extra

10oz Angus Beef Fillet Steak 34
garlic butter or peppercorn sauce

10oz Angus Prime Sirloin 29
garlic butter or peppercorn sauce

10oz Honey Mustard Glazed Pork Striploin 19
marsala jus

BURGERS

Served on toasted bun, onion rings, fresh salad & cajun Fries

Natural from The Grill 16.50
100% Beef Burger with cheddar cheese & relish

New York 16.50
100% Beef Burger, Cheddar Cheese, English mustard, fried egg, iceberg, tomato & red onion

Zambi 16.50
grilled Piri Piri chicken, marinated peppers, garlic & lime mayonnaise

Brooklyn 16.50
100% Beef Burger, Mature cheddar cheese, salami caramelised onions, Gochujang Mayonnaise

Mac & Cheese 16.50
100% Beef Burger, macaroni bound in parmesan sauce, smoked bacon

MAINS

Half Roast Chicken 19.50
creamed potatoes, tenderstem broccoli, onion & sage, rub, chicken jus

Rosemary Braised Lamb Shank 21
roast garlic champ, honey roast carrots, lamb jus

Simply Grilled Lemon Pepper Salmon 24
sundried tomato, mash potatoes, grilled garlic prawns, grilled asparagus, caper cream & taro tapenade

Red Thai Curry
jasmine rice, coconut milk, bell peppers, bamboo shoots and lime leaf
Chicken €19 | Veggie €18 | Prawn €22

STONE BAKED PIZZA

Margherita (V) 14
bufallo Mozzarella, plum tomato sauce, basil & virgin olive oil

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

Messina (V) 15
marinated Aubergine, cherry tomatoes, mushrooms, onion, Artichoke, basil pesto, mozzarella, tomato sauce

Tirato 15
bbq pulled chicken, red onion, jalapenos, mixed peppers, mozzarella, tomato sauce

Florentine 15
smoked Bacon, spinach, mozzarella, marina sauce, cherry tomatoes, toasted pine nuts & egg

ST Tola (V) 15
goat's cheese, red onion marmalade, figs, mozzarella, rucola & balsamic glaze, chilli flakes

Hawaiian 15
smoked ham, pineapple, mozzarella, marinara sauce & fresh basil

Iberian 15
roast Pumpkin & Chorizo, chilli peppers, marina sauce, mozzarella & grilled courgette

Marijampole 15
ham, mushrooms, olives, red onions, peppers, marinara sauce, mozzarella

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.
Please scan QR Code for more info.



PIZZA

FISH

BURGER

STEAK

PASTA