LUNCH MENU

SANDWICHES

THE CLUB 14.90 Crispy smoked pancetta, chicken, egg & lettuce On Olivier's crusty sourdough

(Contains 1-wheat, 3, 6, 7, 10, 12)

THE BUFFALO CHICKEN WRAP 12.90

Chicken goujon wrap with melted cheese & buffalo sauce (Contains 1-wheat, 3, 6, 7, 10, 12)

TOASTED SPECIAL

10.90

Home cooked and hand carved ham Mature cheddar and caramelised onion relish (Contains 1-wheat, 3, 6, 7, 10, 12)

AVOCADO, TOMATO & PESTO

12.90

Creamy avocado, juicy tomatoes & vegan mozzarella With a layer of vegan pesto on toasted ciabatta bread (Contains 1-wheat,6,8-pine,10,12) - Vegan

THE CHICKEN CAESAR WRAP

12.90

14.50

The iNUA classic Chicken goujons and baby gem in a soft wrap

(Contains 1-wheat, 3, 4, 6, 7, 10, 12)

PULLED PORK SANDWICH Slow-cooked pulled pork in a smoky BBQ sauce Topped with coleslaw on a brioche bun (Contains 1-wheat, 3, 6, 7, 9, 10, 12)

ADD ONS

Cup of soup (Contains 7,9,12) 3.50 Bowl of soup (Contains 7,9,12) 6.00 House slaw (Contains 3,6,7,10,12) 2.50 Roasted beet and goat cheese salad 3.50 (Contains 7,9,10,12) - Vegan Optional

SOUPS

CREAMY SOUP OF THE DAY

7.90 Made fresh daily

Please enquire with your waiter for further details Served with fresh soda bread

All sandwiches come with a cup of fries & salad

(Contains 1-wheat,oat,3,6,7,9,12)

THE BRASSERIE SEAFOOD CHOWDER 10.90

Cream based chowder

Salmon, white fish & mussels, served with brown bread (Contains 1-wheat,oat,2,3,4,6,7,9,10,12,14)

VEGAN & VEGETARIAN

GREEN LENTIL & SWEET POTATO CURRY WITH SAFFRON COCONUT RICE 15.90

Healthy green lentil & sweet potato curry Aromatic spices, fresh coriander & toasted cashew nuts Served with fragrant coconut & saffron basmati rice (Contains 1-wheat, 5, 6, 8-cashew, 9, 10, 11, 12) - Vegan

ORGANIC CASHEL BLUE CHEESE

Roast walnut and olive oil drizzle

AND POTATO GNOCCHI BAKE

(Contains 1-wheat, 3, 7, 8-walnut, 9, 12) - Vegetarian

SIDE ORDERS

Skin on Skinny Fries 4.00 Truffle Parmesan Fries (Contains 3,7,10,12) 4.50 Charred Tender Stem Broccoli 4.50 with Lemon & Chili Flake Vegan Maple Glazed Brussels Sprouts with Bacon 4.50 (Contains 12) - Vegan optional Roasted Beet and Goat Cheese Salad 4.50 (Contains 6,7,12) - Vegan optional Garlic and Herb Sautéed Mushrooms 4.00 (Contains 7) - Vegan optional

BRUNCH

TOASTED FRUIT SCONES 5.50 Fresh cream and Follan's strawberry jam

(Contains 1-wheat, 3, 7, 12)

FRENCH TOAST

Zesty compote and vanilla ice cream or maple and bacon You choose!

(Contains 1-wheat, 3, 6, 7, 12)

THE SMASHED AVOCADO & POACHED EGGS 14.90

Chilli nut dressing

(Contains 1-wheat, 3, 6, 7, 8-cashew, 10, 12)

Add pancetta 2.50 or add smoked salmon (Contains 4) 4.00

Sausage, bacon, hash brown and a fried egg On a brioche bap served with fries and dip

(Contains 1-wheat, 3, 6, 7, 9, 10, 12)

SNACKS

IRISH CHICKEN WINGS SM 11.90 LG 17.90

Crispy fried with a selection of sauces Buffalo, blue cheese and soy & honey Main course portion served with a cup of fries

(Contains 1-wheat, 3, 6, 7, 9, 10, 11, 12)

(Contains 1-wheat, 3, 4, 6, 7, 9, 10, 12, 14)

TRUFFLE PARMESAN CALAMARI 9.50

Golden calamari sprinkled with freshly grated parmesan Drizzled with truffle oil Served with a side of garlic aioli and a wedge of lemon

SPICED APPLE BLACK PUDDING CROQUETTES 11.50

Crispy croquettes of Wheelan's black pudding Spiced apple chutney and a dollop of tangy mustard aioli (Contains 1-wheat,barley,3,6,7,10,12)

WARM MUSHROOM BRUSCHETTA 9.90

Earthy flavours of organic Garryhinch wild mushrooms On toasted sourdough bread Aromatic garlic and fresh thyme, drizzle of truffle oil Black truffle salsa and creamy goat cheese

(Contains 1-wheat, 6, 7, 9, 10, 12)

SALADS

THE BRASSERIE CHICKEN CAESAR 12.90

Crisp smoky pancetta & succulent roast chicken & bacon Focaccia fingers, our creamy house Caesar dressing Tossed baby gem

Served of course with heaps of parmesan shavings (Contains 1-wheat, 3, 4, 6, 7, 9, 10, 12)

SHAVINGS OF MOSSFIELD ORGANIC 10.90 MATURE COW'S CHEESE

Roast beetroot, wilted spinach Grape and celeriac salad

(Contains 7,9,10)

Vegan optional with vegan style cheddar cheese (Contains 6)

MEATS

13.50

BEEF BURGER 19.00

Steak burger beef patty with melted cheese BBQ mayo in a toasted brioche Served with seasoned fries and a side of garlic & chive dip (Contains 1-wheat, 3, 6, 7, 10, 12)

CHICKEN SUPREME WITH

CHESTNUT & SAGE STUFFING 22.50 Roasted Shannon Vale chicken supreme Wth a savoury chestnut & sage stuffing

Buttered Brussels sprouts, crisp potato gratin & rich chicken jus (Contains 6,7,8-chestnut,9,10,12)

MAPLE GLAZED RIGNEY'S ORGANIC 19.50 **PORK CUTLET**

Saute greens, spiced carrot puree and grain mustard jus (Contains 6,7,9,10,12)

PIZZA

9.90

14.90

12" HANDMADE SOURDOUGH PIZZA -

Stonebaked with our own cheese blend

MARGHERITA PIZZA 14.90

Fresh basil & mozzarella pearls

(Contains 1-wheat,oat,3,6,7,9,10,12)

TRUFFLE MUSHROOM & 15.90 CHARRED CHICKEN PIZZA

A white pizza with a garlic cream base Topped with a mix of organic Garryhinch mushrooms Truffle oil, charred chicken strips, fresh mozzarella & parmesan

(Contains 1-wheat,oat,3,6,7,9,10,12)

BUTTERNUT SQUASH 15.90 **BACON & SAGE PIZZA**

A base of roasted butternut squash puree Topped with caramelised onions Goat cheese, crispy bacon bits & fresh sage pesto

(Contains 1-wheat,oat,3,6,7,8-pinenut,9,10,12)

GARLIC SHRIMP & SPINACH 16.90

Tomato and garlic cream sauce base Topped with sautéed shrimp and fresh spinach Drizzle of lemon-infused olive oil and chilli flakes

FISH & SEAFOOD

(Contains 1-wheat,oat,2,3,6,7,9,10,12)

CRISPY PANKO SOLE & 19.90 **GUACAMOLE FRIES**

Crispy panko sole fillet served with avocado fries Accompanied by a tartar sauce Roasted garlic aioli & tangy pickled red onions

(Contains 1-wheat, 3, 4, 6, 7, 10, 12)

SWEET CHOICES

SPICED APPLE AND CARAMEL CUP 8.90

Layers of spiced apple compote Creamy vanilla ice cream & caramel sauce Crushed ginger crumble, topped with whipped cream Sprinkle of cinnamon

(Contains 1-wheat, 3, 6, 7, 12)

SELECTION OF BOULABAN 8.50 ICE-CREAM

Please ask your server for today's selection (Contains 1-wheat, 3, 6, 7, 8-hazelnut, 12)

BAKED CHEESECAKE 8.90 Red fruit compote & a generous dollop of silky Chantilly cream (Contains 1-wheat, 3, 6, 7, 12)

CHOCOLATE BROWNIE AFFOGATO 8.90 Warm drizzle of rich 5 mile espresso cascades over

Velvety hazelnut ice cream Crowned with a sprinkle of toasted hazelnuts (Contains 1-wheat, 3, 6, 7, 8-hazelnut, 12)

VEGAN RASPBERRY FRANGIPAN TART 8.50

Luscious almond filling and raspberry layers Creamy vegan vanilla ice cream & raspberry textures (Contains 1-wheat,6,8-almond,12) - Vegan

