

Lunch Menu

Farm fresh, Ocean fresh, Market Fresh

From 12:00 to 15:00

Light bites

Soup Of The Day 7

Todays fresh market soup served with traditional homemade brown bread & Irish butter

(1(wheat) 7, 9, 10, 12, 13)

Vol-Au-Vent 9/15

Irish Chicken pieces, sautéed button mushrooms on a freshly baked puff pastry in a tarragon cream sauce

(1, (wheat) 3, 7, 9, 10, 12, 13)

Wild Atlantic Way Seafood Chowder 11 *Signature*

Ocean fresh fish, mussels, prawn, vegetables, fresh herbs & white wine volute with rustic garlic bread

(1 (wheat), 2, 3, 4, 7, 9, 12, 14)

Salads

Sweet Chilli Chicken Salad 10/16

Signature

Sautéed fillet of Irish chicken, sweet potato & parsnip crisp, roasted cashew nuts, chilli dressing & fresh baby gem lettuce

(3, 8 (cashew), 10, 12)

Smoked BBQ Pork Taco 10/16

Slow cooked BBQ Irish pork, topped with buttermilk fried onions, tomato & coriander slaw in a lightly charred soft flour tortilla

(1, (wheat) 3, 7, 9, 10, 12, 13)

Chicken Wings 9/16

Crispy fried Irish chicken wings coated in choice of spicy buffalo or sticky BBQ served with ranch dressing

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

Blue Bell Falls Goats Cheese Salad 10/15

Chilli Roasted sweet potatoes tossed with quinoa, broccoli, toasted walnut, pomegranate, watercress, avocado puree & maple honey dressing

(1(wheat), 6, 7, 8(walnut) 9, 10, 12, 13)

Sandwiches

Toasted Ham & Cheese 7

Honey baked ham, mature Irish cheddar & house relish on bloomer bread

(1(wheat, oat) 3, 7, 10, 12, 13)

Open Salmon & Crab 12

Irish smoked Salmon & lime spiked Atlantic crab served on homemade house brown soda bread with crisp pickled slaw

(1(wheat, oat), 2, 3, 4, 7, 10, 12, 13, 14)

Saucy Chicken Roll 12

Homemade crispy fried chicken served as is or tossed in Buffalo hot sauce with drizzle of ranch dressing with fresh baby gem lettuce & crisp pickled slaw on a lightly toasted ciabatta with chunky fires

(1(wheat) 3, 7, 10, 12, 13)

Chicken Stuffing 7

Sliced breast of Irish chicken with sage & onion stuffing with creamy mayo on bloomer bread

(1(wheat, oat) 3, 7, 12, 13)

Bluebell Falls Focaccia 8

locally sourced goats cheese with peppery rocket, roasted Mediterranean vegetables, almond & rocket pesto in focaccia

(1 (wheat), 3, 7, 8(almond) 9, 10, 12, 13)

Warm Beef Sandwich 12

Tender slices of Irish black Angus with peppery rocket, overnight tomatoes, horseradish & roast garlic aioli on lightly toasted ciabatta with chunky fries & Signature gravy

(1(wheat) 3, 4, 7, 10, 12, 13, 14)

SANDWICH'S ADD ON'S

Cup of Soup 3 | Chunky Fries 3 | Mini Caesar Salad 3 | Sweet Potato Fries 4 |

Mains

Roast Irish Grass Fed Beef 17

Creamy Champ mash, honey roasted root vegetables, freshly baked Yorkie, crispy roastie & indulgent signature gravy

(1(wheat), 3, 7, 9, 10, 12, 13)

Buttered Turkey & Maple

Baked Ham 15

Layered with sage & onion stuffing served with honey roasted root vegetables, creamy champ mash & crispy roastie topped with thyme gravy

(1 (wheat), 3, 7, 9, 10, 12, 13)

OTB Battered Fish & Chips 16

Ocean fresh hake in IPA beer batter with crushed peas, charred lemon, chunky chips & homemade tartar sauce.

(1 (wheat), 3, 4, 7, 10, 12)

Malay Chicken Curry 15

Irish chicken pieces, baby potatoes & pea mangetout in medium spiced coconut curry served with basmati rice

(7, 12)

Peruvian 1/2 Roast Chicken 16

Peruvian rubbed Irish chicken charred on our Josper oven, served up with a side of Caesar salad & crispy sweet potato fires

(3, 4, 5, 10, 12)

Signature Burger 15 *Signature*

Black Angus burger, Irish cheddar, crispy bacon, gherkin, red onion marmalade, crisp baby gem, vine tomato in a lightly charred rye sourdough bun served with chunky fries

(1(wheat), 3, 7, 10, 12, 13)

Healthy mains

Grilled Chicken 15

1/2 Roast Irish chicken charred in our Josper grill with Chilli Roasted sweet potatoes tossed with quinoa, broccoli, toasted walnut, pomegranate, watercress, avocado puree & maple honey dressing

(3, 5, 10, 12)

Baked Fillet of Hake 15

Fresh wild Atlantic Hake served with soft boiled free range egg, warm salad of green beans, olives, peppery rocket & overnight tomato

(3, 4, 10, 12)

Sides

Chunky Chips 4

Sweet Potato Fries 5

Basmati Rice 4

Champ Potatoes 4

Skinny Fries 4

Seasonal Vegetables 4

Onion Rings 4

Mini Caesar Salad 4

Mixed Salad 4

ALLERGENS

1 Cereals

4 Fish

7 Dairy

10 Mustard

13 Lupin

2 Crustacean

5 Peanut

8 Nuts

11 Sesame Seed

14 Mollusc

3 Egg

6 Soya

9 Celery

12 Sulphur Dioxide

Majority of our dishes can be adjusted to suit your specific dietary requirement

Desserts

Goopy Chocolate Brownie 7

Signature

Chocolate sauce & vanilla ice cream
(3, 7, 8 (almond))

Bread & Butter Pudding 7 *Signature*

Raisin, chocolate chip pudding & Vanilla ice cream
(1(wheat) 3, 7)

Strawberry Fields 8

Vanilla & strawberry ice-cream, strawberry jelly, fresh strawberries, whipped cream topped with hazelnuts
(1(wheat) 3, 7, 8(hazelnuts) 12)

Selection of Glen Valley Irish Ice cream 7

Chocolate, strawberry, vanilla & crisp basket
(1(wheat) 3, 7)

Apple & Rhubarb Crumble 7

House custard & vanilla ice cream
(1(wheat) 3, 7)

Suppliers

Enda Ahearne
Poultry

CS Fish
Fish & Seafood

Bluebell Falls
Goats Cheese

Limerick Fruit
Fruit & Vegetables

Musgraves
Certified Black Angus Beef

offthebonegastropub.com

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Lunch

Menu