

## Sandwich Menu

Monday-Saturday 12pm-5pm  
Sunday 1pm-5pm

All Sandwiches are available on  
Gluten Free Bread/Baps

Connemara Smoked Salmon	€9.50
Open Sandwich on Homemade Treacle Bread, Citrus Crème Fraiche	
Baked Glazed House Gammon	€9.50
Dozio Ella Cheese, English Mustard, Grilled Ciabatta	
Spiced Coronation Chicken	€9.50
Mini Brioche Buns	

Cucumber, Dozio Soft Zing Cheese V	€9.00
Rocket, Floury Bap	
Poached Prawn Bap	€9.50
With Guacamole	
Open Tomato Focaccia V	€9.50
Ardsallagh Goats Cheese, Roast Peppers, Tomatoes	

## Bar Menu

Monday-Sunday 1pm-5pm

### Soups & Starters

Soup of the Day AGF V	€7.00
Homemade Brown Bread	
Ice House Atlantic Seafood Chowder AGF N	€8.50
Homemade Brown Bread	
Poached Tiger Prawn Salad GF	€9.50
Baby Gem, Tomato & Cucumber, Marie Rose Sauce	
Crumbed Brie V N	€8.50
Mixed Salad, Roast Pepper, Nuts, Blackcurrant Jam	

### Salads

Super Food Salad GF V N	€8.50
Mixed Bean, Cashews, Almonds, Sweet Potato, Carrot, Beetroot & Mixed Seeds	
Main Course	€13.50

### Main Courses

Chilli, Coriander & Sesame Chicken GF	€16.00
Tomato, Red Onion, Pepper & Soy, Pilau Rice	
Heffernan's Beef Burger	€16.00
Sauté Sweetened Onions, Smoked Gubeen Cheese, Garlic Mayo, Skinny Fries (Please allow 15/20 mins cooking time)	
Reel Deal Beer Battered Haddock	€15.50
Tartar Sauce, Skinny Fries, Mushy Peas, Tomato & Basil	

Pan-Fried Fillet of Hake GF	€16.00
Pea & Parmesan Risotto, Red Pepper Coulis	
Crispy Sesame Crumbed Chicken Goujons	€15.00
Sweet Chilli Mayonnaise, Skinny Fries	
Indian Korma Curry AGF V N	€14.50
Mixed Vegetables, Cumin Pilau Rice, Naan Bread	
Add Chicken	€2.00
Wild Mushroom, Spinach & Broccoli Tagliatelle V	€13.50
Parmesan Cream, Garlic & Herb Sourdough	

### Side Orders

€4.00
Skinny Fries V GF
Buttered Greens V GF

House Salad V GF
Sweet Chilli & Cajun Wedges V GF

### Local Suppliers

Fish: Joe Garvin & Seacrest  
Organic Vegetables: Enniscoke House  
Beef: McHale Butchers

Fruit & Vegetables: Falcon Fruits & Curleys  
Poultry: McHale Butchers & Carrs Meats  
Origin of Beef: Ireland

The food allergens used in the preparation of our food can be viewed in a separate menu available at the counter. Please ask a member of staff if you need additional information on food allergens.

GF – Gluten Free, AGF – Available Gluten Free N – May Contain Nuts,  
V – Vegetarian