

## LIGHT OPTIONS



### DUNMORE EAST SEAFOOD CHOWDER - €7

Served with Daily Baked Brown Bread

### HOMEMADE SOUP OF THE DAY - €5

Served with Daily Baked Brown Bread

### CRISPY CHICKEN WINGS - €8/€14

Served with Celery Sticks & Blue Cheese Dip  
Choice of BBQ / Hot / Atomic

### CLASSIC CAESAR SALAD - €7

Baby Gem Lettuce, Warm Bacon Bits, Toasted Pine Nuts in a Traditional Caesar Dressing, Topped with Parmesan Shavings  
**WITH CHICKEN - €8**

### POACHED PEAR SALAD - €8

Mixed Leaves, Diced Beetroot, Feta Cubes, Walnut Dressing

### ASIAN STYLE CHICKEN SALAD - €8

Shredded Chicken, Mixed Leaves, Chili & Soy Dressing

### SALT & PEPPER CALAMARI - €9

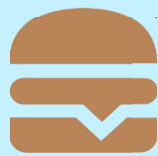
Served with Garlic Aioli & Sweet Chili Dips

## EXPRESS LUNCH

Cup of Soup or Chowder  
Toasted Special or Chicken Caesar Wrap  
And Tea or Coffee or Mineral

# €10

## GOURMET SANDWICHES



### CLUB SANDWICH - €10

Chicken, Bacon, Lettuce, Red Onion, Cheddar Cheese, Topped with a Fried Egg

### BBQ PULLED PORK BAP - €11

Pulled Pork coated with a tangy Homemade BBQ Sauce, Topped with Lightly Grilled Cheese & Stuffed in a Crispy Bap

### STEAK BLAAGUETTE - €12

6oz Sirloin Steak, cooked to your liking, Served on a lightly grilled 'Blaaguettes' with Horseradish Butter, Sautéed Onions

### CHICKEN CAESAR WRAP - €10

Baby Gem Lettuce, Bacon Bits, Toasted Pine Nuts, Chicken Strips with Parmesan Shavings in a Crispy Wrap

**ALL GOURMET SANDWICHES SERVED WITH TWICE COOKED CHIPS**

## MAIN COURSE



### METAL MAN BEER BATTERED COD - €14

Served with Twice Cooked Chips, Mushy Peas, Homemade Tartar Sauce

### WILD COPPER COAST SEAFOOD PIE - €15

A Selection of Fresh Seafood Cooked in a White Wine & Dill Cream Sauce & Topped with a Potato & Cheese Crust

### MILD MADRAS CHICKEN CURRY - €12

Chicken Pieces, Onions & Peppers in a Mild Madras Curry Sauce, Served with a Crispy Poppadum and your choice of Steamed White Rice or Twice Cooked Chips  
**VEGETARIAN OPTION AVAILABLE**

### GOURMET IRISH BEEF BURGER - €14

With Bacon, Homemade Onion Rings, Topped with Cheddar Cheese, Stacked High in a Crispy Bun.  
Served with Twice Cooked Chips

### SUPREME OF CHICKEN - €15

With a Spring Onion, Smoked Bacon & Potato Stuffing in a Madeira Gravy & Served with Seasonal Vegetables & Potatoes

### TAGLIATELLE CARBONARA - €13

With Pulled Ham, Sautéed Mushrooms & Topped with Parmesan  
**VEGETARIAN OPTION AVAILABLE**

### STEAMED DUNMORE EAST MUSSELS - €14

Served in a traditional Mussel Pot in a Black Bean & Ginger Sauce & Twice Cooked Chips

## SIDE ORDERS €3.50 EACH



### TWICE COOKED CHIPS

### BEER BATTERED ONION RINGS

### CREAMY MASH POTATO

### SEASONAL VEG

### HOUSE SALAD

### GARLIC BREAD

- Our Meat, Seafood & Vegetables are locally sourced.
- Please inform your Server of any special dietary requirements.
- All our food is cooked to order, so please allow for adequate cooking times,

# GASTROBAR DAY

## HOMEMADE DESSERTS



### APPLE CRUMBLE - €5

With Vanilla Ice Cream

### TIRAMISU - €5

With a Mini Irish Coffee

### THE REG MESS - €5

Meringue, Pears, Cream, Chocolate Chip Muffin & Cream Anglaise

### SELECTION OF ICE CREAM - €5

## KIDS MENU



### MEAL DEAL - €9.00

(Starter, Main, Dessert & Drink)

### Starter - €2.90

#### SOUP OF THE DAY

With Daily Baked Brown Bread

#### HOMEMADE GARLIC BREAD

### Main Course - €5.00

#### KIDS SEAFOOD PIE

#### MINI FISH & CHIPS

with Chips or Potato & Veg

#### CHICKEN GOUJONS

with Chips or Potato & Veg

#### KIDS BEEF BURGER

with Chips or Potato & Veg

#### PENNE PASTA

with Tomato or Cream Sauce

#### PORK SAUSAGES

with Chips or Potato & Veg

### Dessert - €2.00

#### 2 SCOOPS OF ICE CREAM

### Drinks - €1.00

#### KIDS CODIAL

#### GLASS OF MILK

## WHITE WINES



### SIETE SOLES SAUVIGNON BLANC - €5.50/€23

Chile

### TRULLI PINOT GRIGIO - €6/€23

Italy

### TWIN RIVERS CHARDONNAY - €6/23

Australia

### FALSE BAY CHENIN BLANC - €23

South Africa

### TOURAINES SAUVIGNON - €29

France

### TRIMBACH RIESLING - €32

France

### BAGO AMEARELO ALBARINO - €32

Spain

### ONE TREE SAUVIGNON BLANC - €32

New Zealand

## RED WINES



### SIETE SOLES CABERNET - €5.50/€23

Chile

### LES OLIVIERS MERLOT- €5.50/€23

France

### TWIN RIVERS SHIRAZ - €6/23

Australia

### RIOJA BARDESANO - €7/€32

Spain

### DOMAINE BOSQUET MALBEC - €7/€27

Argentina

### IL BUCCO MONTEPULCIANO - €27

Italy

- Full Wine Menu Available
- Full Selection of Specialty Teas, Coffees and After Dinner Drinks available

