STARTERS

SOUP OF THE DAY (v) served with homemade guinness bread   (cf) with change of bread   **5.50**

PRAWNS TEMPURA   lightly battered and fried prawns served with garlic mayonnaise   **10.95**

HOMEMADE CHICKEN LIVER PATE   pear and ginger chutney, rocket salad, sourdough toast   **8.95**

BBQ CHICKEN WINGS (cf) served with celery and blue cheese   **9.50**

GOAT'S CHEESE SALAD   mixed leaves, orange, beetroot and a hazelnut dressing   **8.95/15.95**

COD GOUJONS   lightly battered and fried , served with cajun mayonnaise   **11.95**

HAM HOCK SALAD   served with celeriac remoulade, new baby potatoes and a poached egg   **9.95**

MAINS

THE GABLES FISH 'N CHIPS   **17.95**
 light crispy tempura cod with crushed peas, tartare sauce, served with homemade chips

GOURMET IRISH BEEF BURGER   (cf) if served naked   **16.50**
smoked cheddar, free range bacon, baby gem tomato relish, in a brioche bun. (half-naked option)
with homemade chips
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THE GABLES RISOTTO (v¹) asparagus, cherry tomatoes, fresh peas, truffle oil and aged parmesan   **14.95**

	WITH CHICKEN	16.95

CHARGRILLED 10oz IRISH RIB-EYE STEAK (cf)   **27.50**
homemade chips, confit red onion & tomatoes, red wine jus/pepper sauce/garlic butter

FRESH PENNE PASTA (v¹)   **14.95**
wild mushroom penne carbonara, garlic cream sauce, baby spinach and aged parmesan   WITH CHICKEN   **16.95**

SUPREME OF IRISH BREAST OF CHICKEN   (cf)   **18.95**
Champ mash. Spicy chorizo sausage, roast pepper, mushroom and a creamy marsala sauce

THE GABLES SUPER SALAD   (v) (cf)   **13.65**
organic quinoa, pomegranate, avocado, roast peppers, beechlawn organic farm beetroots,
gem lettuce, rocket, with aged balsamic dressing   WITH CHICKEN   **15.65**

PAN FRIED FILLET OF HAKE   with potato gnocchi, baby spinach, broad beans,
coco clam and prawn bisque   **19.95**

SIDE ORDERS

rocket and parmesan salad: champ mashed potatoes: homemade chips: creamed spinach   **3.95**
 baby new potatoes: mixed leaves and cherry tomato salad: chargrilled asparagus with
 truffle oil and parmesan

all side orders are (cf) and (v¹)
(cf) coeliac friendly: (v) vegetarian : (v¹) vegetarian but some cheeses use rennet