

## Welcome to The Amber Lounge

*lunch menu*

*served from 12.30pm-5pm*

At Fota Island Resort we use the best of locally sourced products & wholesome natural ingredients.

If you suffer from, or have the potential to suffer from allergies, even though the allergens are listed on the menus please contact one of our staff and inform us of your dietary requirements.

1 Eggs | 2 Milk | 3 Shellfish | 4 Molluscs |  
5 Fish | 6 Peanuts | 7 Sesame | 8 Soya |  
9 Sulphites | 10 Nuts | 11 Gluten | 12 Celery |  
13 Mustard | 14 Lupin | (V) Vegetarian

**SOUPS**

**AMBER SOUP OF THE DAY.....€7.00**

freshly baked breads

1 | 2 | 11 (wheat, oat, bread only) | 12 (V)

**CHEDDAR CHEESE SOUP.....€8.50**

murphy red ale | lightly spiced cream | garlic  
croutons

2 | 5 | 9 | 11 (wheat, barley, hops) | 12

**IRISH BUFFALO**

**MOZZARELLA.....€14.50**

macroom mozzarella | sundried tomato | olives

| mixed leaves | balsamic glaze | sourdough croutons  
(pasteurised cheese)

2 | 9 | 10 (almonds, walnut) | 11 (wheat) | 13 (V)

**GUBBEEN CHORIZO CAESAR**

**SALAD.....€12.50**

garlic croutons | hegarty cheese shavings

1 | 2 | 9 | 10 (walnuts) | 11 (wheat) | 13

*add smoked chicken..... €3.00*

**SALADS**

**WARM McCARTHY BLACK**

**PUDDING.....€14.50**

mango | cranberry | organic leaves | house dressing |  
croutons

1 | 2 | 9 | 10 (walnuts) | 11 (barley, oats) | 13

**FRESH MUSSELS.....€12.50**

fresh mussels | white wine cream

sauce | grilled garlic sourdough

2 | 3 | 5 | 9 | 11 (wheat)

**MAINS**

**SPINACH & RICOTTA TORTELLINI.....**

**€18.50**

hegarty cheddar cheese sauce | garlic croutons |  
sage oil

1 | 2 | 11 (wheat) (V)

All dishes are freshly cooked with locally sourced ingredients. Please note that some of our dishes may nuts and that we do not knowingly use genetically modified food products.

Items marked by a number contain one or more of the following

- 1 Eggs | 2 Milk | 3 Shellfish | 4 Molluscs |
- 5 Fish | 6 Peanuts | 7 Sesame | 8 Soya |
- 9 Sulphites | 10 Nuts | 11 Gluten | 12 Celery |
- 13 Mustard | 14 Lupin | (V) Vegetarian

ARTISAN PIZZA

ARTISAN PIZZA 12".....€17.50

TOONSBRIDGE MOZZARELLA

MARGHARITA

sourdough base | tomato & oregano sauce | basil

PERI PERI BBQ CHICKEN

sourdough base | bbq sauce | balsamic onions | mozzarella cheese

CONNEMARA HAM

& ARDSALLAGH GOAT CHEESE

sourdough base | tomato & oregano sauce | mozzarella cheese | balsamic

GUBBEEN CHEESE & BACON BIANCA

sourdough base | crème fraiche | gubbeen cheese | white onions

GUBBEEN CHORIZO & MOZZARELLA

sourdough base | tomato & oregano sauce

ALL PIZZAS LISTED CONTAIN:

2 | 9 | 10 (walnuts) | 11 (wheat) | 12

VEGAN PIZZA

sourdough base | tomato & oregano sauce | vegan cheese | sundried tomato | balsamic onions | rocket

8 | 9 | 10 | (walnuts) | 11 (wheat) | 12 (vegan)

SIDES.....€3.50 each

hand cut fries 9

mashed potato 2 | 9

garden salad 9 | 10 (walnuts) | 13

seasonal vegetables 2

baby potatoes 2

sweet potato fries 2 | 9

marsala mushrooms 2 | 9

SIDES

AMBER CLASSICS

BRESNAN'S DRY AGED BEEF

BURGER.....€19.50

cheddar | pickled onion | crispy bacon | brioche | ranch dressing | hand cut fries

1 | 2 | 8 | 9 | 11 (wheat)

BUTTERMILK CHICKEN BURGER.....

€18.50

guacamole | baby gem | pickled

onions | toasted soft bun | sweet potato fries

2 | 9 | 11 (wheat) | 13

FISH & CHIPS.....€18.50

battered fillet of haddock | tartar sauce |

hand cut fries

1 | 2 | 5 | 8 | 9 | 10 (walnuts) | 11 (wheat) | 13

SANDWICHES.....€12.50

*with fries*.....€14.50

OPEN SMOKED CHICKEN & CHORIZO

gubbeen chorizo | sundried tomato tapenade |

toasted sourdough brioche | organic leaves |

parmesan

1 | 2 | 8 | 9 | 10 (walnuts) | 11 (wheat) | 13

SMOKED SALMON BAGEL

lemon & chive cream cheese | organic leaves

2 | 5 | 9 | 10 (walnuts) | 11 (wheat) | 13

OPEN CRISP FALAFELS & KHOBEZ

avocado guacamole | balsamic dressed rocket |

tomato | beetroot & orange salad

9 | 10 (walnuts) | 11 wheat | 13 (vegan)

PRAWNS ON BROWN BREAD

housemade brown bread | citrus prawns |

pastis marie rose | crisp onions | organic leaves

1 | 3 | 5 | 9 | 10 (walnuts) | 11 (wheat, oats) | 13

HAM & CHEESE CROQUE MONSIEUR

sourdough | artisan baked ham | hegarty cheese |

béchamel sauce | mustard | mixed leaves

9 | 10 (walnuts) | 11 (wheat) | 13

SANDWICHES

CLASSIC DESSERTS

APPLE CRUMBLE.....€8.50

apple compôte | crumble topping | vanilla ice-cream | creme anglaise

1 | 2 | 10 (hazelnuts) | 11 (wheat)

STICKY TOFFEE PUDDING.....€8.50

steamed date pudding | caramel sauce | salted caramel ice-cream

1 | 2 | 10 (hazelnuts) | 11 (wheat)

ICE-CREAM SELECTION.....€8.50

selection of house ice-cream | seasonal poached fruit | meringue

1 | 2 | 10 (hazelnuts)

WARM CHOCOLATE FONDANT...€9.50

chocolate sauce | hazelnut ice-cream

1 | 2 | 8 | 10 (hazelnuts) | 11 (wheat)

MANGO AND WHITE

CHOCOLATE CHEESECAKE.....€8.50

white chocolate cheesecake | tropical sorbet

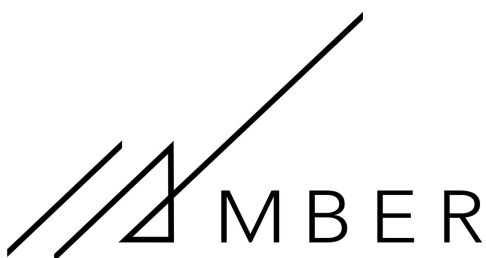
1 | 2 | 10 (hazelnuts) | 11 (wheat, oats)

CHEESE SELECTION.....€12.50

irish cheese selection | sheridan crackers |

ballymaloe relish | irish organic honey

1 | 2 | 11 (wheat, oats, sesame seeds)



Drinks menu



Wine menu

**A NOTE TO OUR GUESTS:**

Thank you for dining with us today, we hope you enjoyed your meal. We are currently following the Government Guidelines regarding maintaining a safe dining experience for each guest. For more information regarding our guest safety procedures, please see our website [www.fotaisland.ie](http://www.fotaisland.ie) or a member of our team would be happy to advise. We ask at this time to please remember social distancing and upon completion of your meal, please request your bill at your table. To ensure guest safety, we are currently implementing table service only.



Sustainability is of the utmost importance at Fota Island Resort. All our current menus are single use per guest and will be recycled once used.