BREAKFAST

Monday to Friday 8am to 11.30am	
A Choice of Morning Pastries Pain au chocolat, croissant, scone, toasted sourdough, muffin, brown multiseed soda bread served with preserves & farmhouse butter	€3
Bowl of hot chocolate with pain au chocolat	€6.5
Free Range Poached Eggs Benedict, florentine or royale style served on English breakfast muffin	€7.5
3 Egg Omelettes Ham and cheese, smoked salmon and chive Egg white, egg white with julienne vegetables With dry cured bacon	€7.5
Our Favourites Oat pancakes, cooked in coconut oil, served with berries & agave nectar	€7
Blueberry pancakes with maple syrup With dry cured bacon	€7 €9
Avocado & tomato tartine	€8
Organic porridge with honey, apple & cinnamon	€5
Granola, Greek yoghurt & berries	€5

JUICES

Apple, orange or grapefruit	€3	MAINS	
Carrot, orange & ginger	€4.5	Roast Atlantic hake with quinoa & Asian greens	€20
Apple, celery, spinach, avocado & lime	€4.5	Seafood skillet, salmon, cod, cockles & mussels in a white wine cream sauce	€18
Mixed berries & banana smoothie	€5.5	Fish & chips, cod, crushed peas, hand cut chips, tartare sauce	€16
		Pilaf with greens, bulgar wheat, toasted cashews & herbs	€16

TEA & COFFEES

FROM	JOSPER	GRILL
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Barry's loose leaf breakfast tea	€4	Roast whole seabream, caper & tomato salsa	€20
Fresh fennel or mint tea	€4.5	·	
Camomile flower tea	€4.5	Loin of milk fed veal, roast artichokes, confit potato & baby spinach	€24
Americano	€3	10oz aged rib eye 12oz T- bone steak Caramelized onions, grilled flat cap mushroom, home cut chips, béarnaise/pepper sauce	€24 €29
Cappuccino, latte, chai latte	€4	Roast breast of free range chicken, chorizo & white bean cassoulet	C10
Hot chocolate	€4	Roast breast of free range chicken, chorizo & white bean cassoulet	€18
Espresso	€3	Prime beef burger, brioche bun, smoked paprika mayo, tomato, gruyere cheese & bacon	€16
Macchiato	€3	All our beef is 100% lrish. If you have an allergy to any food product or dietary requirement, please advise us prior to ordering. Our food could contain nut traces.	

TO SHARE

Charcuterie plate - selection of cured meats, pâté, olives, pickles & crusty sour-dough	€18
Burrata with cherry vine tomatoes, olive oil & country loaf	€14
FISH BAR	
6 Carlingford oysters, lemon, sauce mignonette	€14
Seaweed cured Clare Island salmon gravadlax, with capers, pickled cauliflower & horseradish creme fraiche	€9
Pan fried scallops with carrot & ginger, sesame crumb	€14
Josper grilled gambas, harissa aioli & lime	€15
TO START	

Bread & dips, roast garlic & tomato, fennel & chilli €4 Today's soup €7 Castletownbere crab cocktail with avocado & granny smith apple €12 Grilled chicken salad, guacamole, sweet piquillo peppers, babygem & coriander €12 | €18 Cashel Blue cheese salad, poached pears, candied walnut, chardonnay vinaigrette €9 | €15 Organic feta salad, mixed beetroot & pickled daikon €9 | €15 Carpaccio of Irish Angus Beef with pickled cauliflower, caper & flat leaf parsley €10

SIDES

Sautéed greens - Mixed green salad - Lyonnaise potato Rocket & parmesan salad - Tomato & red onion salad Home cut chips - Buttermilk onion rings Sauteed greens with sesame & nori crisp

LUNCH SPECIALS €15 Available noon to 6.00pm Monday - Rack of rare breed pork, smoked bacon colcannon Tuesday - Tagine of lamb, coriander & apricot cous cous Wednesday - Confit of duck with orange, carrot & ginger Thursday - Braised short rib of beef, potato puree, bourguignon sauce Friday - Poached smoked haddock, charlotte potato, poached egg & mustard Weekends - Half roast chicken with stuffing, roast carrot & parsnip & home cut chips All including rice pudding

OPEN SANDWICHES

Available noon to 6.00pm	
Fivemiletown goats cheese tartine with honeyed walnuts & rocket	
Tuna, hummus & radish, shallot with babygem	
Roast vegetables Provençal with Toonsbridge mozzarella	
With home cut chips/bowl of soup €	E12
DESSERTS	27.5
Rice pudding with coconut & mango	
Banoffi with hot chocolate mousse	
Mixed berries with Champagne sabayon	
Chocolate fondant with almond ice cream	
Selection of ice cream	
Cheese selection Irish farmhouse cheeses, fig & almond compote	€9

€9