

# *The Conall Cearnach*

## *Restaurant*

*Conall Cearnach is a hero of the Ulaid in the Ulster Cycle of Irish mythology. Conall means "strong as a wolf", and Cearnach means "victorious".*

*It was he who was responsible for avenging the death of his friend and fellow warrior, the great Cúchulainn. Conall was himself slain by the Connaught men, from the west of Ireland, who were mortal enemies of the men of Ulster in the 1st century A.D.*

*The place at which he died is called Ballyconnell, it takes its name from the anglicised "Baile Chonaill", meaning the town of Conall. No doubt he put up a brave fight to the very end, since he was considered the foremost of the champions of Ulster, but was probably overcome by sheer weight of numbers.*

*He was alone and far from the assistance of his fellow Red Branch Knights when he died..*

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### **APPETISERS**

*Freshly Prepared Soup of the Evening* G,MK,S,CY  
*Served with Croutons and Herb Cream*

€8.25

*Barbary Duck with Sage & Apple Bon Bons* G,CY,MK,SP,E  
*Madeira Glaze, Baby Leaves, Sherry Vinaigrette*

€9.95

*Japanese style King Prawn Tempura* MK,C,G,MD  
*Cooked in a crisp batter with sweet Chilli dressing and Baby leaves*

€12.00

*Panache of Charentais and Galia Melon* SP  
*Charentais and Galia Melon accompanied by a Refreshing Forest Berry Sorbet*

€10.50

*Sweet & Sour Sesame Chicken Salad* G,N,MK,SP,MD  
*Asian Spiced Chicken cooked in a light Batter served with a Piquant Glaze and Sesame Seeds and Salad*

€10.75

*Oak Smoked Ballycotton Salmon* F,CY,MD,MK  
*Oak Smoked Ballycotton Thinly Sliced Shallot and Caper Dressing Wheaten Bread and Micro Leaves*

€10.75

*Crispy Manchurian Cauliflower Fritters* CY,MD  
*Served with Dressed Baby Gem and Piquant Bell Pepper and Manchurian Sauce*

€9.00

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### **MAIN COURSE**

*Breast of Roast Blacklion Farm Duckling* SP,CY,MK  
*With Confit Leg served over Mulled Plum Compote with Merlot Glaze*  
€27.85

*McCarren's Slow Roasted Marinated Pork* MK,CY,MD  
*Hedge Row Apple and Black Berry Gel, Herb Mash and Rustic Jus*  
€26.50

*Roast Rump of Border Lamb* MK,CY,SP  
*Gratin Potato, Braised Red Cabbage with a Rich Port Jus*  
€27.60

*Beef Fillet Medallion and Ox Cheek Croquette* G,N,MK,CY,SP  
*Braised Ox Cheek Ragù filled Croquette, Potato Rosti and Truffle Foam*  
*(If on residential dinner package or Table d'Hôte menu - supplement €10.50)*  
€31.00

*Prime Irish Hereford Sirloin Steak* CY,SP,N  
*Cooked to your liking served with a Brandy and Peppercorn Sauce and Pont Neuf Potatoes*  
*(If on a residential dinner package or Table d'Hôte menu – supplement €6)*  
€27.60



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### **MAIN COURSE**

*Supreme of Chicken and Morell Mushrooms* MK,CY,SP  
*Supreme of Chicken sautéed with Sancerre Wine and Forest Mushrooms*  
€25.95

*Creevy Pier Plaice and Salmon Paupiette* F,N,MK,SP,MD  
*Served with Vegetable Linguini , Champ and Beurre Blanc*  
€25.75

*Fillet of Seabass and Wild Atlantic Monkfish* F,MK,SP,C  
*Sweet Pimiento, Parsley, Chorizo and Paella Rice with Herb Butter*  
€27.00

*Spiced Vegetable and Nut Roast Wellington, Macadamia Jus*  
(VG),N,CY,L,P  
*Assorted Nuts, Apricot and Cranberries, Seeds, Cumin, Vegetables, Herbs and Chickpeas served with a Rich Shallot Burgundy and Macadamia Gravy*  
€23.50

*Spinach Ricotta and Herb Tortellini* (V)G,N,MK,SP  
*Served in a Prosecco and Fresh Herb Cream with Garlic Bread*  
€23.50

*Main courses are accompanied by vegetables and potatoes of the day*  
*All additional side orders are charged at €3.65 each*

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**VEGETARIAN MENU AVAILABLE ON REQUEST**

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### **DESSERTS**

*Chocolate Tart Raspberry Macaroon* G,E,MK,SP  
*Warm Chocolate Tart with Vanilla Ice Cream in White Chocolate Shavings and Raspberry Dust*  
€7.85

*French Style Apple and Almond Tart* G,E,MK,N  
*Apples baked in Puff Pastry with Vanilla Bean Ice Cream*  
€7.85

*Selection of Luxurious French Ice Cream* (CO) G,E,N,MK,SP  
*Chef's Selection of Ice Cream on a Crisp Tuile Biscuit Basket*  
€7.85

*Meringue and Forest Berries with Raspberry Sorbet* E,MK,SP  
*Served with Whipped Dairy Cream and Sauce Anglaise*  
€7.85

*Creamed Cheesecake of the Day* G,N,MK  
*Flavoured Cheesecake served with Fresh Fruits and Crème Anglaise*  
€7.85

*Cheese and Biscuits* G,N,MK  
*A Selection of Irish Cheeses served with Crackers*  
€9.65

*Orange and Cinnamon Slice* E,MK,  
*Orange and Cinnamon Mousse served on Gluten Free Sponge topped with Passion Fruit Coulis and Vanilla Ice Cream*  
€7.85

# *The Conall Cearnach* *Restaurant*

## *Allergen Information*

Gluten = **G**

Crustaceans = **C**

Eggs = **E**

Fish = **F**

Molluscs = **M**

Soybeans = **S**

Peanuts = **P**

Nuts = **N**

Milk = **MK**

Celery = **CY**

Mustard = **MD**

Sesame Seeds = **SS**

Sulphites = **SP**

Lupin = **L**

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All 14 allergens are openly used throughout our kitchen

Trace amounts may be present at all stages of cooking

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*If you have any food allergies or intolerances please make a member of staff aware when placing your order*