

Lunch Options

Served from 12:00-17.00

Homemade Soup of the Day €6.00

Served with Homemade Murphy's stout Soda Bread
(Contains Allergen: 6 wheat, 7, 8, 12)

West Cork Seafood Chowder €8.95

Fresh fish and shellfishes in a Creamy Chablis sauce served with Parmesan Shaving and Homemade Murphy's stout soda bread.
Contains Allergen: 3 (Cod, Smoked Coley, Salmon, 6 wheat, 7, 9, 12)

Mushroom Crostini (Vegan) €8.50

On lightly toasted sourdough with green oil.
(Contains Allergen: 6 wheat, 8)

Chicken Ceasar Salad (S or L) €8.95 L€15.50

Warm Smoked chicken breast, served on baby germ lettuce with Ceasar dressing, garlic croutons and Bacon Crumble.
(Contains Allergen: 3 Anchovies, 6 wheat, 7, 8, 9, 11, 13)

Toasted Chicken Goujons Wrap €11.95

Salad leaves, Tomato and sweet chilli mayo served, cheese with French Fries and Side salad
(Contains Allergen: 6 wheat, 7, 8, 11, 13)

Shandon's Club Sandwich €11.95

Poached Chicken breast, bacon, Fried Egg, Crisp leaves, Tomato, Mayo served in a Toasted White or Brown Sourdough bread with French Fries and Side salad
(Contains Allergen: 6 wheat, 7, 8, 9, 11, 13)

Build your own Sandwich €7.50

Choose 3 toppings from: Ham, Poached Chicken Breast, Tuna mayo, Cheese, Lettuce, Tomato, Red onion on Fresh white or Brown Sourdough bread, served with Side salad
(Contains Allergen, 3 Tuna, 6 wheat, 7, 8, 11,)

Add a bowl of Soup €4.50

Portion of French Fries or Chunky Chips €3.95

Proper meals

Traditional Fish and Chips €17.50

Lightly Battered Haddock Fillet, twice cooked Chunky Chips served with Tartare sauce and minted crushed peas.
(Contains Allergen: 3 Haddock, 6 wheat, 7, 8, 11, 13)

Thai Green Vegetable Curry €15.50

Add Chicken €3.50

Add 6 Prawns €3.50

Served with roasted Vegetables, steamed Basmati rice and Warm Naan Bread

Contains Allergen: 3(Fish sauce,6,7,8,9)

Our Homemade Lasagne €16.50

Served with French fries, and side salad.

(Contains Allergen: 6 wheat,7,8,9,12)

Certified Irish Angus Chuck burger €17.50

Grilled Certified 8oz Irish Angus chuck Burger, in brioche bun with crisp lettuce, vine tomato, mayo and cheddar cheese. Served with chips and tomato relish.

(Contains Allergen: 6wheat,7,8,9,11,13,

Hot Beverages

Tea	€3.00
Herbal Tea	€3.10
Americano	€3.20
Espresso	€3.20
Double Espresso	€3.65
Latte	€3.60
Cappuccino	€3.60
Decaffeinated Coffee	€3.10
Hot Chocolate	€3.20

Allergens are listed for each dish. Please refer to the allergen index on the back cover.

We work with all 14 allergens in our kitchen. Please ask us if you have any question.

1	Shellfish	8	Soya
2	Mollusc	9	Sulphur Dioxide
3	Fish	10	Sesame Seed
4	Peanut	11	Eggs
5	Nut	12	Celery
6	Cereal containing gluten	13	Mustards
7	Dairy Products	14	Lupin

Food Allergy Disclaimer.

Please be advised our menu items may contain Allergens; may have come in contact with items containing Allergens; and there are always a risk of contamination or cross contact. In addition, the potential does exist, that food manufacturers may change their formulation or manner if processing without our knowledge.