

# grain & grill

R E S T A U R A N T

Maldron Hotel Shandon Cork City

## T O S T A R T

### Courgette, Leek & Ardsallagh Goats Cheese Soup. (V)

€6.00

Our super healthy vegetarian soup, low in calories and full of flavour, with toasted omega seeds.

*Contains Allergens: 6 Wheat, 7, 8, 10, 12*

 Signature Dish

### Buffalo Chicken Wings

€ 7.95

In our hot Louisiana sauce served with celery sticks and homemade blue cheese dip

*Contains Allergens: 7, 8, 9, 11, 12*

Go Large €13.95

### Golden Crumbed Brie Cubes

€8.50

Served on black pudding crumble with apple chutney and dressed leaves

*Contains Allergens: 6 Wheat, 7, 8, 9, 10, 11*

Go Large €14.50

### Irish Hereford Prime BBQ Beef Short Rib

€8.95

Marinated and slow cooked Irish beef short rib. Chargrilled, finished with sticky syrup and Cashel blue cheese dip and celery.

*Contains Allergens: 7, 8, 12, 13*

 Signature Dish

## M A I N E V E N T

### Certified Irish Angus Chuck Burger

€15.95

Grilled certified 8oz Irish Angus chuck burger, in a brioche bun with crisp lettuce, vine tomato, mayo and cheddar cheese.

Served with chips and tomato relish.

*Contains Allergens: 6 Wheat, 7, 8, 9, 11, 13*

### 10oz Certified Irish Rib Eye Steak

€24.95

Served on mashed potato with crispy onion rings, grilled tomato, flat cap mushroom with pepper sauce or roasted garlic butter and chunky chips.

*Contains Allergens: 6 Wheat, 7, 8, 9, 11, 13*

### Smoky Chorizo Salmon

€16.95

Irish Salmon darne with crisp skin. Charred chorizo, sweet heirloom cherry tomatoes, fresh basil, and olives.

*Contains Allergens: 3 Salmon, 6 Wheat, 9, 13*

 Signature Dish

### Classic Fish & Chips

€15.95

Served with tartare sauce, minted pea puree and caramelized lemon

*Contains Allergens: 3 Haddock, 6 Wheat, 8, 9, 11*

### Healthy Thai Beef Salad

€15.95

Marinated rump of Irish beef. Mixed baby leaves, bean sprouts, grapes, lime, and coriander.

*Contains Allergens: 6 Wheat, 8, 9, 12*

 Signature Dish

## Thai Red Vegetable Curry

Served with roasted vegetables, steamed basmati rice and crispy poppadum

*Contains Allergens: 6 Wheat, 8, 9, 12*

€14.50

Add Chicken €2.00

## VEGAN OPTIONS

### Crispy Tofu Salad (Ve)

Served on fresh leaves with balsamic dressing, pickled cucumber, pickled carrot, cherry tomatoes, mangetout and toasted coconut.

*Contains Allergens: 6 Wheat, 8, 9*

€13.95

### Vegan Beetroot Burger (Ve)

Served in toasted vegan bun with crisp leaves, vine tomatoes, BBQ sauce, vegan cheese, lightly spiced potato wedges.

*Contains Allergens: 6 Wheat, 8, 9*

€15.95

## DESSERTS

### Cheesecake of the Week (Ask your server)

Served with whipped cream and selection of sauces

*Contains Allergens: 5 May contain nut traces, 6 Wheat, 7, 9, 11*

€6.50

### Peanut and Caramel Cake. (GF)

Gluten free crunchy peanut and caramel cake. Crème anglaise and fresh cream.

*Contains Allergens: 4 Peanuts, 5 Almonds, 7, 8, 11*

€6.50

### Raspberry and Almond Tart. (GF) (DF) (Ve)

Lactose and gluten free vegan raspberry and almond tart.

Fresh raspberries and whipped vegan cream.

*Contains Allergens: 4, 5 Almonds, Cashew, Hazelnuts, 8, 9.*

€6.50

### Classic Tiramisu

Served with chocolate ganache.

*Contains Allergens: 5 May contain nut traces, 6 Wheat, 7, 9*

€6.50

### Homemade Meringue

Served with fresh fruits, whipped cream, red fruit coulis

*Contains Allergens: 7, 9, 11*

€6.50

## ALLERGEN INDEX

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|------------------------------|-----------------------|
| 1. Crustaceans               | 8. Soya               |
| 2. Molluscs                  | 9. Sulphur dioxide    |
| 3. Fish                      | 10. Sesame seeds      |
| 4. Peanuts                   | 11. Eggs              |
| 5. Nuts                      | 12. Celery & celeriac |
| 6. Cereals containing gluten | 13. Mustard           |
| 7. Milk/milk products        | 14. Lupins            |

### Food Allergy Disclaimer:

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