

grain & grill

To Start

Our Homemade Soup of the Day €6.50

Sometimes smooth, sometimes chunky but always fresh. Served with Murphy's stout Soda bread.
Contains allergen numbers 6 (wheat), 7, 8, 10 and 12.

Buffalo Chicken wings S € 8.95 L €15.50

In our hot Louisiana sauce served with celery sticks and homemade blue cheese dip
(Contains Allergen: 7, 8, 9, 11, 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, 6wheat, 7, 9, 12)

Pan Fried Tiger prawns €9.95

Served on green pea velouté and crispy Black pudding cubes
Contains Allergen: 1 (Scallop), 6wheat, 7, 8, 9)

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

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

Goats cheese parfait €8.50

Served with Tomato and Mango salsa, crostini and blackcurrant coulis.
(Contains Allergen: 6 wheat, 7, 8, 9)

Main event

Certified Irish Angus Chuck burger €17.50

Grilled Certified 8oz Irish Angus chuck Burger, in brioche bun with crisp lettuce, vine tomato, mayo and
gouda cheese. Served with chips and coleslaw.
(Contains Allergen: 6wheat, 7, 8, 9, 11, 13,)

Roast Chicken Supreme €18.95

Served with buttered Carrot and Green beans, Roast Potatoes and Homemade Gravy
(Contains Allergen: 7, 8, 9, 12)

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, 6wheat, 7, 8, 11, 13)

Pan Fried Atlantic Hake €18.95

Served on Champ potato with wilted spinach, tomato salsa and chilli and prawn butter
Contains Allergen: 2 Prawn, 3 Hake, 7, 8, 9)

Slow braised Slaney Valley Lamb Shank €18.95

On Champ Potato with roasted vegetables and our homemade minted red wine jus.
Contains Allergen: 7,8,9,12

Thai Red Vegetable Curry €15.50

Add Chicken or 6 Prawns €3.50

Served with green roasted Vegetables, steamed Basmati rice and Warm Naan Bread
Contains Allergen: 3(Fish sauce, prawn 6,7,8,9)

Sides

Twice cooked Chunky Chips €3.95

(Contains Allergen: 8,9)

Crispy Onion rings €3.95

(Contains Allergen:6 wheat,7,8,11)

House Steamed Vegetables €3.95

(Contains Allergen:7,9,)

Champ Potato €3.95

(Contains Allergen:7,9,)

Fresh Salad €3.95

(Contains Allergen:8)

Sweet potato fries €4.50

(Contains Allergen:8,9)

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

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Desserts

Cheesecake of the week (Ask your Server) €6.95

Served with whipped cream and selection of sauces
(Contains Allergen:5 (almond, cashew hazelnut, walnut), 6wheat,7,9,11)

Peanut and Caramel Cake. (GF) signature €6.95

Gluten free Crunchy Peanut and Caramel Cake. Crème Anglaise and fresh cream.
Contains allergen 4 (peanuts) 5 (almonds) 7,8,11.

Panna Cotta €6.95

Served with fruit of forest gel and lady finger biscuits.
(Contains Allergen:6 wheat,7,11)

Chocolate and Coconut Tart. (GF, V) €6.95

Gluten free vegan Chocolate and Coconut Tart. Served with Berries and selection of sauces
(Contains Allergen: 5 cashews, peanut, hazelnut,8,9)

Tiramisu €6.95

Served with brownie crumble.
Contains Allergen: 5(almond,walnut)6wheat,7,11)

Homemade Meringue GF €6.95

Filled with Wild berries cream, fresh strawberries and Red Coulis
(Contains Allergen:7,11,

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