

# grain & grill

BAR & RESTAURANT

Maldron Hotel Shandon Cork

## TO START

**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** Small € 7.95 Large €13.95

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

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

**Grilled Tiger Prawns** €9.00

On celeriac puree, with roast red pepper chutney

*Contains Allergens: 2 Prawn, 7, 8, 9, 11, 12*

**Classic Chicken Caesar Salad** Small €7.95 Large €13.00

Warm poached chicken, served on baby gem lettuce with caesar dressing, garlic croutons and bacon crumble

*Contains Allergens: 3 Anchovies, 6 Wheat, 7, 8, 9, 11, 13*

**West Cork Seafood Chowder** €8.50

Fresh fish and shellfish in a creamy Chablis sauce served with parmesan shavings and homemade Murphy's Stout soda bread

*Contains Allergens: 3 Salmon, Hake, Coley, 6 Wheat, 7, 8, 12*

**Black Pudding and Goats Cheese Tartlet** €7.95

Served in puff pastry with red onion jam and petit salad

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

## MAIN EVENT

**Certified Irish Angus Chuck Burger** €16.50

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*

 Signature Dish

**Irish Free-Range Chicken Burger** €14.95

Feile Bia Free range chicken burger, sticky Korean B.B.Q. sauce, Asian slaw, sweet potato fries

*Contains Allergens: 6 Wheat, 7, 8, 9, 10, 11, 12, 13*

 Signature Dish

**10oz Certified Irish Sirloin Steak** €25.50


Served on seasoned crushed baby potatoes with crispy onion rings, grilled tomato, tenderstem broccoli with a choice of pepper sauce or roasted garlic butter and chunky chips

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

**Traditional Fish and Chips** €16.50

Lightly battered haddock fillet, twice cooked chunky chips served with tartare sauce and minted crushed peas

*Contains Allergens: 3 Haddock, 6 Wheat, 7, 8, 9, 11, 13*

 Signature Dish

**Pan fried Lemon Sole** €15.95

Pan fried Irish lemon sole fillets, creamed potatoes, green beans, tomato hollandaise.

*Contains Allergens: 3 Sole, 6 Wheat, 7, 11, 12, 13*

 Signature Dish

**Confit Duck Leg** €17.50

Served on spinach mashed potato, buttered baby carrots, orange and rosemary jus served with house steamed vegetables

*Contains Allergens: 7, 8, 9*

**Shandon's Butternut Squash Risotto** €14.50

Served with crispy coated blue cheese balls and green pesto

*Contains Allergens: 6 Wheat, 7, 8, 9, 12*

**Slow Braised Slaney Valley Lamb Shank** €16.50

On celeriac puree, house garlic roasted potatoes, minted gravy served with steamed vegetables

*Contains Allergens: 7, 8, 12*

**Classic Chicken Kiev** €15.95

On gratin potato with tenderstem broccoli


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

<b>Thai Red Vegetable Curry</b>	€14.50
Served with roasted vegetables, steamed Basmati rice and warm naan bread	Add chicken €2.00 Add prawns €3.50
<i>Contains Allergens: 1 Squid Fish Sauce, 2 Prawns, 6 Wheat, 8</i>	

## S I D E S

<b>Twice Cooked Chunky Chips</b> <i>Contains Allergens: 8, 9</i>	€3.95
<b>Crispy Onion Rings</b> <i>Contains Allergens: 6 Wheat, 7, 8, 9</i>	€3.95
<b>House Steamed Vegetables</b> <i>Contains Allergens: 7, 9</i>	€3.95
<b>Champ Potato</b> <i>Contains Allergens: 7, 9</i>	€3.95
<b>Gratin Potato</b> <i>Contains Allergens: 7, 9</i>	€3.95
<b>Fresh Salad</b> <i>Contains Allergens: 8, 9, 13</i>	€3.95



## V E G A N O P T I O N S - T O S T A R T

<b>Cauliflower Fritters</b>	€7.95
Crisp Irish cauliflower fritters, with romesco and kale pesto dips. <i>Contains Allergens: 4 Peanuts, 5 Almonds, Pecans, Cashew, Brazil, 6 Wheat 7, 8, 9, 12, 13</i>	 Signature Dish
<b>Classic Tomato and Basil Bruschetta</b>	€7.95
Served on lightly toasted sourdough with Balsamic glaze <i>Contains Allergens: 6 Wheat</i>	

## V E G A N O P T I O N S - M A I N E V E N T

<b>Cajun Marinated Tofu Burger</b>	€14.95
Served with vegan cheese, lettuce, tomato, vegan mayo in toasted vegan bun with lightly spiced potato wedges <i>contains Allergens: 6 Wheat, 8</i>	
<b>Vegan Thai Red Vegetable Curry</b>	€14.50
Served with Steamed Basmati Rice <i>Contains Allergens: 8</i>	Add Firm Tofu €2.00

## D E S S E R T S

<b>Cheesecake of the Week (Ask your server)</b>	€6.50
Served with whipped cream and selection of sauces <i>Contains Allergens: 5 Traces, 6 Wheat, 7, 9, 11</i>	
<b>Peanut and Caramel Cake (GF)</b>	€6.50
Gluten free crunchy peanut and caramel cake. Crème anglaise and fresh cream <i>contains Allergens: 4 Peanuts, 5 Almonds, 7, 8, 11</i>	 Signature Dish
<b>Raspberry and Almond Tart (GF) (DF) (V)</b>	€6.95
Lactose and gluten free vegan raspberry and almond tart. Fresh raspberries and whipped vegan cream. <i>contains Allergens: 4 Almonds, Cashews, Hazelnuts, 8, 9</i>	 Signature Dish
<b>Classic Tiramisu</b>	€6.50
Our own homemade Tiramisu served in a glass <i>Contains Allergens: 6 Wheat, 7, 11</i>	
<b>Toffee Crunch Pie</b>	€6.50
Served with caramel sauce and whipped cream <i>Contains Allergens: 5 Nut Traces, 6 Wheat, 7, 11</i>	
<b>Homemade Meringue</b>	€6.50
Filled with wild berries cream, fresh strawberries and red coulis <i>Contains Allergens: 7, 11</i>	

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 questions.

## ALLERGEN INDEX

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

## 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.