

# Gluten Free (Coeliac) Menu options

**Soup of the day €5.95**

*(Most soups will not contain flour-please check with your server)*

**Smoked Salmon & poached eggs €11.00**  
(With capers and side salad served on a gluten free wrap)

**Pork Chops €12.00**  
*Served with champ mash (Without gravy)*

**Herbed Goats cheese & walnut Salad €12.00**  
S/w a Beetroot & red onion salad, with Chili Yoghurt & herb oil.

**Thai Red Chicken Curry & Rice (Medium spiced) €11.00**

***Open / closed Gluten free Wrap €11.00***  
*Served with a side salad or soup combo*  
*Choices; Ham / Cheese / Chicken or Salad*

**Oven-baked Salmon (no herb crust) €14.95**  
Served with baby potatoes, green beans & seasonal veg.  
**(The Salmon is oven-cooked so please allow for 20 Mins waiting time)**

**Moroccan-style Lamb Burger on a gluten free wrap & salad €12.95**

**Homemade Chicken or Beef Burger on a gluten free wrap & salad €12.95**

**10oz Sirloin Steak cooked on hot lava stone & side salad €22.00**

**Chicken Caesar salad without croutons €12.95**

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**Gluten Free dessert – Eton Mess €6.50**

**Our Pastas are not available as they contain flour;**

**Most of our sauces on our normal a la carte menu do not contain flour-please check with your server.**

**Please note our skin on hand cut chips are deep fried in the same unit  
as other dishes that contain flour so are not recommended.**

**Please notify management of any allergies, some dishes contain nuts..All our beef is of Irish origin**

## **Vegetarian Options**

### **From our A La Carte Menu**

#### **Spinach & Cream cheese Fettuccine €11.00**

Cooked in a garlic & cream cheese sauce

#### **Humus & Vegetable board €9.00**

Freshly made humus served with our signature Guinness brown bread,  
seasonal vegetable dipping sticks with a sprinkling of Olive oil

#### **Goats Cheese & Walnut Salad €12.00**

Toasted Goats cheese with a beetroot and walnut salad with herbed crutons

#### **Caesar Salad €10.95**

With traditional Caesar dressing, croutons and greens

**Also available upon special request**

#### **Chunky Thai vegetable curry €11.00**

Served with boiled rice (Medium Spiced)

#### **Vegetarian Breakfast €11.95**

Poached or scrambled eggs served with toast,

Portobello mushrooms, grilled tomatoes & baked beans

#### **Humus & grilled vegetable wrap & soup combo €11.00**

(Please check with your server if our soup of the day is suitable for vegetarians)

#### **Vegetarian Frittata €12.00**

Whipped eggs and cream cheese tossed in a hot pan with seasonal vegetables

Finished in the oven for that crispy finish (Please allow waiting time as oven cooked )

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