

Gluten Free (Coeliac) Menu options

Soup of the day €5.50

(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 and topped with a gluten free 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 €14.00
Served with baby potatoes, green beans & summer veg.
(The Salmon is oven-cooked so please allow for 20 Mins waiting time)

Moroccan-style Lamb Burger on a gluten free wrap & salad €12.00

Homemade Chicken or Beef Burger on a gluten free wrap & salad €12.00

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

Chicken Caesar salad without croutons €12.00

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 chips are deep fried in the same unit as other dishes with 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 €10.00

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

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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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