

grain & grill

BAR & RESTAURANT

Starters:

Soup of the day €4.95

Please ask your server

Contains Allergens: please ask Waiting Staff

Caesar Salad €6.95

Classic Caesar salad with Baby gem lettuce
crisp bacon lardons garlic croutons
and creamy Caesar Dressing

Contains Allergens 3, 6, wheat, 7, 8, 11,12,13

Chicken Wings €7.50

Crispy Chicken wings coated in a Louisiana
style hot sauce served with crisp celery and cooling
blue cheese dressing

Contains Allergens 6(wheat), 8,12,

Calamari €7.95

Panko coated Calamari rings served with garlic
aioli and lemon wedge

Contains allergens:3,6, wheat,7,8,9,11,13

Caprese Salad €6.95

Layers of beef tomato and Macroom buffalo
mozzarella with Balsamic Reduction, Fresh Basil
Pesto, Sea salt and Cracked Black Pepper

Contains Allergens: 4, 5(almonds, walnuts, cashew,
6, wheat,7

Main Course:

From The Grill:

10oz Ribeye€24.95(Inclusive €7.50 Supplement)

Sauteed mushroom, onion rings and chunky chips
with pepper sauce or garlic butter

Contains Allergens: 6, wheat, 7, 8, 9

8oz Beef Burger €16.95

Beef tomato, Jalapeno relish, brioche bap, smoked
bacon, cheddar cheese, crispy onions and chunky
chips

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

Pasta Corner:

Pasta Carbonara €12.95

Penne Pasta in a smoked bacon and mushroom
cream sauce topped with Parmesan

Contains Allergens: 6, wheat, 7, 8, 9,11

Add Chicken €2

Beef Bolognese €15.95

Slow cooked Ragu of Irish beef in rich tomato
sauce served with spaghetti and topped with
Parmesan Cheese

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

From The Sea:

Mediterranean Salmon €17.95

Lightly spiced salmon fillet served with
Mediterranean couscous balsamic glazed
asparagus Provencal and mint yoghurt

Contains allergens:3, salmon,6, wheat,7, 9,13

Beer Battered Fish and Chips €17.95

Hake fillet coated in tempura beer batter served
with chunky chips, caramelised lemon wedge and
sauce gribiche

Contains allergens:1,3,6, wheat,7,11,13

Sides:

French Fries €3.95

Contains allergens:6, Wheat 7,8,9

Seasoned Potato Wedges €3.95

Contains allergens:6, Wheat,8,9,12,13

Market Vegetables €3.95

Contains allergens:7

Prawn Crackers €2.95

Contains allergens: 1,2, crustaceans

Crispy Fried Onion Rings €3.95

Contains allergens:6 wheat,7,11,12

Desserts:

Warm Chocolate Brownie €5.95

Served with fresh cream and chocolate sauce
Contains allergens:6, wheat,7,8,11

Black Forrest gateau €5.95

Served with fresh cream and butterscotch sauce
Contains allergens: 6, wheat,7,8,11

Deep Apple Crumble €5.95

Served with fresh cream and fruit coulis
Contains allergens: 6, wheat,7,8,11

Chocolate and Coconut Vegan Tart €5.95

Served with fruit coulis

Contains allergens: 4,5, cashew nut, hazelnut,
walnut, almond, 8

Selection of ice cream €5.95

Contains allergens:7, milk