

## Starter

### CRISPY GARLIC MUSHROOM'S

tossed green leaves with tomato, cucumber, red onion & garlic & herb aioli.

### CHEF'S SOUP OF THE DAY

made from local vegetables & spices & finished with a vegetable stock.

### SEAFOOD CHOWDER

Fresh Seafood, roasted vegetables & finished With Pernod cream.

### CONNEMARA SMOKED SALMON SALAD

Mixed greens, honey & mustard dressing Wholemeal Bread.

### BAKED ST. TOLA'S GOATS CHEESE TARTLET

Spiced apple chutney balsamic herb salad.

### CRISPY DUCK SPRING ROLL

Green leaves, wholegrain mustard & honey dressing.

## Main Course

### HONEY, GINGER, LIME & SOYA CHICKEN

Creamed potatoes, seasonal vegetables, port jus.

### TERIYAKI-GLAZED SALMON FILLET

Creamed potatoes, seasonal vegetables, fish veloute.

### HOME-MADE BEEF BURGER

crispy onion rings, salad & fries.

### HONEY GLAZED DUCK

Creamed Mash, Orange & Port Jus.

### PORK RACK

Cider & honey glazed pork with spiced apple chutney. Sautéed vegetables wholegrain mustard sauce.

### SIRLOIN STEAK

With crispy onion rings, mushroom & cracked black pepper cream sauce.

### FISH N'SHIPS

Tossed salad, tartar sauce & fries.

### SEARED HAKE

Creamed potatoes, seasonal vegetables, fish veloute.

## Vegetarian Option

### STUFFED PEPPER WITH COUS-COUS

Roasted pepper stuffed with raisins & red onion cous-cous topped with melted brie & a tomato stew.

### VEGITABLE STIR-FRY

Wok Fried vegetables with soya, chilli, garlic & pesto fine noodles.

### GNOCCHI & TOMATO BAKE

With rustic vegetables roasted in tomato & garlic & toasted sunflower seeds

## Deserts

### HOMEMADE CHOCOLATE BROWNIE

Butterscotch, Chocolate Sauce & vanilla ice-cream.

### APPLE PIE

Friesh cream & fruit.