

grain & grill

STARTERS

Soup of the Day € 6.00
Sometimes smooth, sometimes rustic but always homemade served with Murphy's stout and treacle bread
(Contains allergen: 6 wheat, barley, 8, 9, 12)

Buffalo Chicken Wings S € 7.95 L € 13.50
In our hot Louisiana sauce served with celery sticks and homemade blue cheese dip
(Contains allergen: 7, 8, 9, 11, 12)

West Cork Seafood Chowder € 8.50
Fresh fish and shellfish in creamy Chablis sauce served with Parmesan shaving and homemade soda bread
(Contains allergen: 1 shrimp, 2 cod, coli, salmon, 6 wheat, barley, 7, 8, 9, 12)

MAINS

Certified Irish Angus Chuck Burger € 15.95
Grilled certified 8oz Irish angus chuck burger, in brioche bun with crisp lettuce, vine tomato, mayo and cheddar cheese. Served with chips and tomato relish.
(Contains allergen: 6 wheat, 7, 8, 9, 11, 13)

Steak Sandwich € 17.50
6oz certified Irish steak in toasted ciabatta, melted cheddar, mustard mayo, fried onions served with chunky fries.
(Contains allergen: 6 wheat, 7, 8, 9, 11, 13)

Golden Fried Chicken Breast Goujons € 13.95
With chunky chips, rustic salad, sweet chilli jam and basil mayonnaise
(Contains allergen: 5 pine nuts, 6 wheat, 7, 8, 9, 11, 13)

Traditional Fish and Chips € 15.95
Irish haddock fillet, in crisp a beer batter, tartare sauce, and caramelized lemon and twice cooked chips.
(Contains allergen: 3 haddock, 6 wheat, 8, 9, 11, 13)

Authentic Thai Green Vegetable Curry € 14.50
Served with basmati rice and crispy poppadum

Add Chicken € 2.00
(Contains allergens: 6 wheat, 7, 8, 9)

g Signature Dish

P I Z Z A S

Margherita	€12.50
Crispy thin base, tomato and basil sauce, Irish grated mozzarella from West Cork (Contains allergen: 6 wheat, 7, 8, 12)	
Add Pepperoni	€1.50
Add Spicy Chicken	€1.50
Add Roasted Vegetables	€1.50

Today's Vegan Specials: please ask your server

D E S S E R T S

Toblerone Cheesecake	€6.50
Served with whipped cream and chocolate sauce (Contains allergen: 5 nut trace, 6 wheat, 7, 9, 11)	
Homemade Strawberry Meringue	€6.50
Served with fresh strawberries, whipped cream, red fruit coulis (Contains allergens: 7, 9, 11)	
Our Own Warm Apple and Berry Crumble	€6.50
Served with sauce Anglaise and vanilla ice cream (Contains allergen: 5 walnut, nut trace, 6 wheat, 7, 11)	
Vegan Raspberry Frangipane Tart	€6.50
Served with mango sorbet and fruit couli (Contains allergen: 5 nut trace, 7, 8, 9)	

D R I N K S

A full range of beverages, alcoholic, soft drinks, teas and coffees are available. Please ask your server.

A L L E R G E N I N D E X

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