

Sample Grain & Grill Restaurant Dinner Menu

Starters

Chefs homemade soup

With soda bread

(6 wheat, 7,8,9,12)

Satay chicken

Skewered chicken marinated in curry spices with a creamy peanut sauce

(4,7,8,10,12)

Crispy pork belly

Marinated pork, Asian slaw and hoi sin sauce

(6 wheat, 8,9,10,12,13)

Caprese salad

Heirloom cherry tomatoes, buffalo mozzarella, rocket pesto and fresh basil

(7,9,12,14)

Mains

Beef and cashew nuts

Wok-fried marinated beef, with Asian vegetables, cashew nuts and oriental rice

(5 cashew, 6 wheat, 8, 9, 10, 12, 13)

10oz sirloin steak

With caramelised red onion, chunky chips and Irish whiskey and wild mushroom sauce

(7, 9, 11, 12, 13) €5.00 Supplement

Pan-fried hake fillet

With lemon and herb crust, pea and mint risotto and rocket pesto

(3 hake, 6 wheat, 7, 8, 9, 10, 12, 13)

Chicken and Parma ham ballotin

Glin Valley chicken, stuffed with mushroom and leek, wrapped in Parma ham and served with duchess potatoes, rainbow carrots and roast red pepper sauce

(7, 9, 11, 12, 13)

****** All of Our Beef is of Irish Origin ******

ALLERGEN INDEX		
No.1 – Crustaceans	No.6 – Cereals containing gluten	No.11 – Egg
No.2 – Molluscs	No.7 – Milk / milk products	No.12 – Celery & celeriac
No.3 – Fish	No.8 – Soya	No.13 – Mustard
No.4 – Peanuts	No.9 – Sulphur dioxide	No.14 – Lupins
No.5 – Nuts	No.10 – Sesame seeds	

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Desserts

Key lime pie

With Chantilly cream, passionfruit and mango coulis

(6 wheat, 7, 9, 11)

Peanut and caramel slice

Crème anglaise, cream and mint

Gluten free

(6 wheat, 7, 11)

Tiramisu

Served with espresso chocolate sauce

(5 almonds, 6 wheat, 7, 11)

Pear and Almond tart

served with whipped cream and raspberry coulis

(5 almond, 6 wheat, 7, 11)

Selection of ice cream

Vanilla, strawberry and chocolate ice cream served with mixed berries and fresh cream

(7, 11)

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