

Flour Free Menu

— STARTERS —

Homemade Vegetable Soup

Cream of vegetable soup topped with fresh chives served with gluten free bread
Small €7.50 Large €8.95

Creamy Seafood Chowder

Chunks of smoked and fresh fish in a creamy white wine infusion.
Finished with fresh dill. Served with gluten free bread
€9.95

Classic Caesar Salad

Cos lettuce, crispy bacon, fresh parmesan cheese and tossed
with our own homemade Caesar dressing
€9.95

Freshly Steamed Mussels

Cooked in a white wine and cream broth. Served with gluten free bread
€13.95

Smoked Salmon Salad

Thinly sliced smoked salmon, mixed leaves and potato salad
served with gluten free bread and lemon
€15.95

Chicken Wings

With a choice of BBQ or Hot'n'Spicy sauce served with blue cheese dip
Small €10.95 Portion to share €16.95

— MAIN COURSES —

Traditional Irish Stew

A slow cooked stew of diced Irish lamb, potatoes, carrots, celery, onions,
finished with fresh parsley and thyme served with gluten free bread
€23.95

Add mash potato or chips €3

Large Bowl of Crispy Chicken Wings

With a choice of BBQ or Hot'n'Spicy sauce.
Served with blue cheese dip and crispy chips
€20.95

Classic Cajun Chicken Caesar Salad

Cos lettuce, crispy bacon, fresh parmesan cheese, roasted pine nuts
and tossed with our own homemade Caesar dressing
€18.95

Add crispy chips €3

Steak & Chips

Grilled 11oz (330g) sirloin steak, sauté onions
with crispy chips and garlic butter
€37.95



Surf & Turf 11oz (330g) Sirloin Steak

Topped with fresh prawns & garlic butter.
Served with crispy chips and sauté onions

€43.95



Smoked Salmon & Prawn Salad

Julienne of smoked salmon and tiger prawns, thinly sliced smoked salmon,
mixed leaves and potato salad served with gluten free bread and lemon
€20.95

Add crispy chips €3

Large Bowl of Creamy Seafood Chowder

Chunks of smoked and fresh fish in a creamy white wine infusion,
finished with fresh dill. Served with gluten free bread
€19.95

Duo of Freshly Steamed Mussels & a Bowl of Creamy Seafood Chowder

Served with gluten free bread

€22.95

YOU MUST HAVE A MAIN MEAL AFTER 6PM.

All our Beef is 100% Irish. Some dishes may contain nuts & seeds also some fish dishes may contain bones.
Please ask your server if you are not sure. If you have any concerns, please ask for our Allergen Guide.
Under no circumstances do we accept cheques. | UNFORTUNATELY WE CANNOT SEPARATE BILLS.
PLEASE NOTE: SERVICE NOT INCLUDED.