

#### Wednesday 7th August

#### STARTERS

Homemade Vegetable Soup served with Brown Scone — 6.00 (1-Wheat, 3, 7, 9)

Ballycotton Smoked Salmon, Pickled Vegetables, Dill Crème Fraiche — 9.50 (3, 4, 7, 10, 12)

Panko Crumbed Mushrooms, Cashel Blue Cheese and Roasted Beetroot Salad - 6.80 (1-Wheat, 3, 7, 10)

### TODAY'S SPECIALS

Roast Beef, Homemade Gravy & Horseradish Sauce — 14.90 (3, 6, 7, 10, 12)

Pan-Fried Chicken Supreme, Mushroom & Smoked Bacon Cream Sauce — 14.00 (7, 10)

#### OLD RELIABLES

Deep Fried Fillet of Cod, Tartar Sauce — 14.50 (1-Wheat, 3, 4, 7, 10, 12)

Martin O' Dwyer's Grilled Sirloin Steak, Creamy Peppercorn Sauce – 19.50

Served with Fresh Vegetables & Creamed Potatoes (7) or House Salad & Chunky Chips (1-Wheat, 10)

Suppliers: Crowe's Farm, Martin O' Dwyers Butchers, The Butcher's Daughter, Comfrey Cottage, Manor Farm Chicken, Limerick Fresh Foods, Ballycotton Seafood, Cashel Blue Cheese, Cooleeney Cheese

Please Note We Cannot Accommodate Split Billing For Groups Larger Than Four

# SEASONAL SALADS

H&J Falafel Salad Bowl — 14.50 Hummus & Salads (1-Wheat, 11)

Warm Spiced Chicken Salad, Lentil Buckwheat, Roasted Peppers & Raita -Served with Brown Scone — 14.00 (1-Wheat, 3, 7, 11)

# DESSERTS

Ice Cream Sundae: Soft Whip Vanilla Ice Cream, Toffee Sauce, Pecan Crumble - 5.50 (1-Wheat, 3, 6, 7, 8-Pecan)

Warm Traditional Apple Sponge served with Custard & Cream — 5.50 (1-Wheat, 3, 7)

Banoffee Pie, Pecan Crumble — 5.50 (1-Wheat, 7, 8-Pecan)

Steamed Raspberry & Coconut Pudding, Custard & Cream — 5.50 (3, 7, 8-Almond)

### KIDS MENU - UNDER 12

Roast of the Day served with Potatoes, Vegetables & Gravy — 6.90 (6, 7)

Pasta served with Home-made Tomato Sauce, Parmesan Cheese — 6.90 (1-Wheat, 6, 7, 9, 13)

Martin O' Dwyer's Sausages — 6.90 (1-Wheat, 12) Served with Chips (1-Wheat) or Potatoes & Vegetables (7)

Chicken Goujons — 6.90 (1-Wheat) Served with Chips (1-Wheat) or Potatoes & Vegetables (7)

ALLERGENS: (1) CEREALS - GLUTEN (2)CRUSTACEANS (3)EGGS (4)FISH (5)PEANUTS (6)SOYABEANS (7)MILK (8)NUTS (9)CELERY (10)MUSTARD (11)SESAME SEEDS (12)SULPHUR DIOXIDE (13)LUPIN (14)MOLLUSCS