



BAR LUNCH MENU

SERVED FROM 12.30 TO 17.30

SANDWICHES

All sandwiches are served with seasonal salad and skinny chips

THE CLUB SANDWICH 13.50
Toasted sour dough triple decker, smoked pancetta, chicken, egg and lettuce (1-wheat,3,4,6,7,10,12)

OVERNIGHT ROASTED BEEF 14.50
Brioche roll, red ale onion jam and light horseradish cream (1-wheat,3,4,6,7,9,10,12)

RATATOUILLE & FETA CHEESE MELT 10.50
Guacamole and black olive tapenade
Vegan - (1-wheat,6,10,12)

CREATE YOUR OWN SANDWICH
(1-wheat,6,7,9,10,12)

Choose up to 4 fillings from the choice below

Chicken, turkey, Andarl farm ham & bacon, tuna, cheddar cheese, tomato, onion, salad, egg or stuffing

PLAIN SANDWICH 7.50

TOASTED SANDWICH 7.95

SOUPS

SOUP AND CHEF'S SANDWICH OF THE DAY 14.00
(1-wheat,3,6,7,9,10,12)

CHEF'S ATLANTIC SEAFOOD CHOWDER 8.95
Creamy soup of local fish & shellfish with soda bread
(1-wheat,2,3,4,6,7,9,12,14)

SOUP OF THE DAY 5.75
Wholemeal soda bread (1-wheat,6,7,9,12)

PASTA & PIZZA

TASTE OF SUMMER PASTA 12.50
Summer vegetables, feta cheese, fresh basil, extra virgin olive oil Vegan - (1-wheat,6,9,12)

Add chicken to the above pasta 4.00

CLASSIC MARGHERITA PIZZA 14.50
San Marzano tomato pizza sauce, West Cork mozzarella and fresh basil (1-wheat,6,7,9,12)

FOUR PROVINCE PIZZA 15.50
Pulled Monaghan duck, West Cork chorizo, dried Connemara beef and Louth salami
(1-wheat,6,7,9,10,12)

LOADED PANCETTA & FUNGHI PIZZA 14.50
Pancetta, mushrooms with truffle and garlic oil
(1-wheat,6,7,9,10,12)

BUILD YOUR OWN PIZZA
Choose one of the above and add extra toppings for 1.20
Chicken, bacon, ham, pepperoni, salami, peppers, pineapple, jalapeno peppers, mushrooms, rocket

SALADS & SNACKS

BLACK QUINOA & VEGAN FETA 8.75
Tossed leaves with steamed quinoa, feta cheese, micro leaves and toasted seeds Vegan - (6,9,12)

CAESAR SALAD 8.75
Smoked pancetta and focaccia croutons, baby gem and our caesar dressing (1-wheat,3,4,6,7,10,12)

Add chicken to any salad (7) 4.00

SPICY CHICKEN WINGS 9.50
Crispy Irish wings in our own hot sauce
Main course portion with fries 15.95
(1-wheat,3,6,7,9,12)

WAVES

BAR

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MAINS

FRESH FISH 'N CHIPS 17.95

Battered fillet of white fish, tartar sauce and salad (1-wheat,barley,3,4,6,7,12)

ANGUS STEAK BURGER 16.95

Gilligan Farm minced Angus beef Irish brie, pancetta, red onion jam, crisp brioche bun and chips (1-wheat,3,6,7,10,11,12)

SPICY BEAN BURGER 15.50

Vegan cheddar, baby gem, beef tomato and chips Vegan - (1-wheat,6,10,12)

SUPREME OF IRISH CHICKEN 18.50

Grilled asparagus, chardonnay cream and roast potatoes (6,7,9,10,12)

GILLIGAN FARM STEAK

8oz Centre cut sirloin steak medallions 26.50

Pepper and whiskey cream, chips and tossed leaf salad (3,6,7,9,10,12)

Steak includes a side order of your choice

CHEF'S SEASONAL SPECIAL Market Price

Today's choice of seasonal dish. Your server will be delighted to advise you of today's choices and all allergens contained in the dishes All our beef, chicken and pork is of Irish origin unless stated otherwise.

SIDE ORDERS

Side salad (12) 3.50

Champ potatoes (7,12) 4.00

Skinny skin on chips (6) 4.00

Roast root vegetables (7) 4.00

Cheesy garlic bread (1-wheat,6,7) 4.50

Sauteed greens (6) 4.00

All our beef, chicken and pork is of Irish origin unless stated otherwise. Whilst every care is taken to ensure our dishes do not contain allergens other than listed for each dish, traces may be present due to the nature of our kitchens and operations.

Please inform your server if you suffer from any food allergy or have other dietary requirements.

1-Cereals cont. Gluten, 2-Crustaceans, 3-Eggs, 4-Fish, 5-Peanuts, 6-Soybeans, 7-Milk, 8-Nuts, 9-Celery, 10-Mustard, 11-Sesame Seeds, 12-Sulphites, 13-Lupins, 14-Molluscs

SWEETS & DESSERTS

SUMMER BERRY CHEESECAKE 7.00

Honeycomb ice cream (1-wheat,3,6,7,12)

GLASTRY FARM ICE CREAMS 7.00

Selection of ice creams and sorbets (1-wheat,3,6,7)

APPLE & BLACKBERRY CRUMBLE 7.00

Warm tart with whiskey ice cream (1-wheat,barley,oat,3,6,7,12)

PANNA COTTA 7.50

Passionfruit sorbet, almond brittle (6,7,8-almond,12)

SCONES & CREAM 4.50

Served warm with strawberry jam (1-wheat,3,6,7,12)