



## BAR LUNCH MENU

### SANDWICHES

**THE CLUB SANDWICH** 13.75  
*Toasted sour dough triple decker  
Smoked pancetta, egg, chicken & lettuce  
(1-wheat,3,4,6,7,9,10,12)*

**CHICKEN TORTILLA WRAP** 10.75  
*Roast chicken and vegetables  
Basil, tomato & Toonsbridge mozzarella (1-wheat,3,6,7,9,10,12)*

**RATATOUILLE & FETA CHEESE MELT** 10.75  
*Guacamole and black olive tapenade  
Vegan - (1-wheat,6,9,10,12)*

*All sandwiches are served with seasonal salad and skinny chips*

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

#### CREATE YOUR OWN

*Choose up to 4 fillings from the choice below:*

*Chicken, pancetta, Andarl farm bacon, ham,  
tuna, cheddar cheese, tomato, onion, salad, egg*

**Plain Sandwich** 7.50

**Toasted Sandwich** 7.95  
*(1-wheat,3,6,7,9,10,12)*

### PASTA & PIZZA

**CHORIZO & SPINACH PASTA** 14.50  
*Penne pasta, roast tomato  
Irish mozzarella and feta cheese  
(1-wheat,3,6,7,9,12) - available as a Vegan option*

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

**AUTUMN PIZZA** 15.95  
*Spiced beef and pulled duck  
Red onion marmalade and goats cheese (1-wheat,6,7,9,10,12)*

**LOADED PANCETTA & FUNGHI PIZZA** 14.95  
*Pancetta, mushrooms with truffle & 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*

### SIDES

*Side salad (6,12)* 3.75

*Creamed potatoes (7,12)* 4.00

*Skinny skin on chips (6)* 4.00

*Roast root vegetables (6,7)* 4.50

*Cheesy garlic bread (1-wheat,6,7,12)* 4.50

### SOUPS

**CHEF'S ATLANTIC SEAFOOD CHOWDER** 9.50  
*Creamy soup of local fish & shellfish, soda bread  
(1-wheat&oat,2,3,4,6,7,9,12,14)*

**SOUP OF THE DAY** 5.95  
*Wholemeal soda bread  
(1-wheat&oat,3,6,7,9,12)*

### STARTERS & SALADS

**DEEP FRIED BOILIE CHEESE** 9.95  
*Honey & mustard, sweet potato  
Apple chutney (1-wheat,3,6,7,10,12)*

**AVOCADO & BEETROOT SALAD** 9.95  
*Pickled baby beets and crushed avocado  
Smoked almond and baby leaves  
Vegan - (8-almond,12)*

**THE BRASSERIE CAESAR** 8.95  
*Smoked pancetta and focaccia croutons  
Baby gem and our dressing (1-wheat&barley,3,4,6,7,9,10,12)*

*Add chicken to any salads (7)* 4.00

### MAINS

**SPICY CHICKEN WINGS** 9.95  
*Crispy Irish wings in our own hot sauce  
Main course portion with fries  
(1-wheat,3,6,7,9,12)*

**FRESH FISH 'N CHIPS** 18.50  
*Battered cod fillet  
House pickle tartar sauce with salad  
(1-wheat,oat,rye,barley,3,4,6,7,12)*

**ROSEMARY & ACHILL SEASALT STEAK BURGER** 17.95  
*Gilligan Farm minced angus beef  
Cranberry chutney and Tipperary brie  
Crisp brioche bun and chips (1-wheat,3,6,7,10,11,12)*

**CHICKEN FILLET BURGER** 17.50  
*Southern fried, smoked bacon  
Garlic mayo, brioche bun and chips (1-wheat,3,6,7,9,10,11,12)*

**BAKED VEGAN BURGER** 16.95  
*Plant based patty, vegan mozzarella  
Balsamic beef tomato, baby gem and chips  
Vegan - (1-wheat,6,9,10,11,12)*

# WAVES

BAR

## BAR LUNCH MENU

---

### DESSERTS

|   |       |
|---|-------|
| <b>APRICOT &amp; GINGER CHEESECAKE</b><br><i>Raspberry &amp; lavender sorbet</i><br>(1-wheat,3,6,7,12)                        | 7.90  |
| <b>CROISSANT &amp; WHITE CHOCOLATE BUTTER PUDDING</b><br><i>Cranberries and vanilla cream</i><br>(1-wheat,3,6,7,8-variety,12) | 7.50  |
| <b>PECAN PIE</b><br><i>Salted caramel, chocolate straw</i><br>(1-wheat,3,6,7,8-pecan,12)                                      | 7.90  |
| <b>GLASTRY FARM ICE CREAMS</b><br><i>Selection of ice creams and sorbets</i><br>(1-wheat,3,6,7,12)                            | 7.00  |
| <b>WILLIAM PEAR &amp; ALMOND</b><br><i>Warm tart with Whiskey ice cream</i><br>(1-wheat,barley,oat,6,7,8-almond)              | 7.90  |
| <b>ARTISIAN CHEESEBOARD</b><br><i>Farmhouse cheese, crackers and chutney</i><br>(1-wheat,oat,rye,3,6,7,9,10,12)               | 12.50 |

---

*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*

