



LUNCH MENU

STARTERS & SALAD

GRILLED GOATS CHEESE CROSTINI 10.50
*St Tola goats cheese, beetroot, rocket leaves
Mint and candied walnuts*
(1-wheat,6,7,8-walnut,12)

THE BRASSERIE CAESAR 8.95 / 12.95
*Smoked pancetta and focaccia croutons
Baby gem and our dressing*
(1-wheat,barley,3,4,6,7,9,10,12)

AUTUMN SALAD 9.50
*Tossed kale and black quinoa, pomegranate
Chickpea and lemon vinaigrette*
Vegan - (10,12)

Add on chicken to any salad 4.00

SOUPS & SANDWICHES

**CHEFS ATLANTIC
SEAFOOD CHOWDER** 9.50
Creamy soup of fish and shellfish, soda bread
(1-wheat,oat,2,3,4,7,9,10,12,14)

**OPEN SMOKED SALMON AND
SRIRACHA PRAWN** 14.50
On soda bread with baby gem
(1-wheat,oat,2,3,4,6,7,9,10,12)

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

VEGAN BAGUETTE 10.50
*Olives, tomatoes and grilled vegetables
Vegan style feta and mozzarella cheese*
Vegan (1-wheat,6,9,10,12)
*All sandwiches are served with skinny chips
and autumn salad*

THE CLUB SANDWICH 13.50
*Toasted sour dough triple decker
Smoked pancetta, egg, chicken and lettuce*
(1-wheat,3,4,6,7,9,10,12)

SOUP AND S/W OF THE DAY 14.00
(1-wheat,3,6,7,9,10,12)

**CHICKEN GOUJON &
CAESAR WRAP** 10.50
*Crispy chicken fillet and baby gem
Caesar dressing and bacon (1-wheat,3,6,7,9,10,12)*

CREATE YOUR OWN SANDWICH
*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)

PIZZA & PASTA

CLASSIC MARGHERITA PIZZA 14.50
*San Marzano tomato pizza sauce
West Cork mozzarella and fresh basil*
(1-wheat,3,6,7,9,12)

BUILD YOUR OWN PIZZA 0.50 EA
*Choose one of the above and add extra toppings
Chicken, bacon, ham, pepperoni, salami, peppers,
Pineapple, jalapeno peppers, mushrooms, rocket*
(11,12)

SHREDDED BEEF PIZZA 15.50
*Slow cooked beef
French - Louisiana style hot sauce
Tomato and crisp onion*
(1-wheat,3,6,7,9,10,12)

TAGLIATELLE CARBONARA 14.50
Alsace bacon & Parmigiano Reggiano
(1-wheat,3,6,7,9,12)

**VEGAN MOZZARELLA &
FETA CHEESE PIZZA** 14.50
Grilled artichokes and crumbled chestnuts
Vegan - (1-wheat,6,8-chestnut,9,10,12)

WAVES

BAR

LUNCH MENU

IRISH COMFORT

SPICY CHICKEN WINGS <i>Crispy Irish wings in our own hot sauce</i>	9.50	FRESH FISH N CHIPS <i>Smithwicks battered</i>	18.00
<i>Main course portion with fries</i> (1-wheat,3,6,7,9,12)	15.95	<i>House pickle tartar sauce with salad</i> (1-wheat,rye,oat,barley,3,4,6,7,10,12)	
GILLIGAN FARM WAGYU BEEF BURGER <i>Toasted bun, guacamole and pancetta</i>	19.50	CHICKEN BURGER <i>Southern fried, smoked bacon</i>	17.50
<i>Irish cheddar and spiced chips</i> (1-wheat,3,6,7,9,10,12)		<i>Garlic mayo, brioche bun and chips</i> (1-wheat,barley,oat,3,6,7,10,12)	
		PLANT BASED BURGER <i>Vegan mozzarella, vine tomato</i>	16.95
		<i>Chive & chili mayo, beetroot burger bun</i> Vegan - (1-wheat,6,9,10,11,12)	

SIDE ORDERS

<i>Side salad (6,12)</i>	3.50
<i>Creamed potatoes (7,12)</i>	4.00
<i>Skinny skin on chips (6)</i>	4.00
<i>Roast root vegetables (6,7)</i>	4.00
<i>Cheesy garlic bread (1-wheat,6,7)</i>	4.50
<i>Chicken spiced chips (6,9,10,12)</i>	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

DESSERTS

FERRERO ROCHER CHEESECAKE <i>Dark chocolate sauce</i>	7.95
<i>Chantilly cream and caramelized hazelnuts</i> (1-wheat,3,6,7,8-hazelnut,12)	
APPLE & AUTUMN BERRY CRUMBLE <i>Vanilla bean ice cream (1-wheat,oat,3,6,7,12)</i>	7.50
BANOFFEE PIE <i>Coffee cream (1-wheat,oat,3,6,7,12)</i>	7.50
COCONUT PANNA COTTA <i>Autumn fruit salsa with elderflower, berry sorbet</i>	7.50
Vegan - (12)	
CHOCOLATE, COURGETTE & CLEMENTINE GATEAU <i>Rich Callebaut chocolate gateau</i>	7.50
<i>Raspberry gel and vanilla ice cream</i> (1-wheat,6)	
BOULABAN ICE CREAM <i>Selection of ice creams and sorbets</i>	7.00
<i>(1-wheat,barley,3,6,7,12)</i>	
ARTISAN CHEESEBOARD <i>Farmhouse cheese, crackers and chutney</i>	13.00
<i>(1-wheat,oat,rye,3,6,7,8-almond,hazelnut,9,10,12)</i>	

