



LUNCH MENU

SANDWICHES

THE CLUB SANDWICH 13.50 <i>Toasted sour dough triple decker Smoked pancetta, egg, chicken and lettuce</i> (Contains 1-wheat,3,7,10,12)	VEGAN BLAA BAGUETTE 10.50 <i>Olives, tomatoes and grilled vegetables Vegan style feta and mozzarella cheese</i> (Contains 1-wheat,6,10,12)
CHICKEN GOUJON & CAESAR WRAP 10.50 <i>Crispy chicken fillet and baby gem Caesar dressing and bacon</i> (Contains 1-wheat,3,4,6,7,10,12)	CREATE YOUR OWN SANDWICH <i>Chicken, pancetta, Andarl farm bacon, ham, Tuna, cheddar cheese, tomato, onion, salad, egg</i>
OPEN SMOKED SALMON AND SRIRACHA PRAWN 14.50 <i>On soda bread with baby gem</i> (Contains 1-wheat,oat,2,3,4,6,7,10,12)	PLAIN SANDWICH 7.50 TOASTED SANDWICH 7.95 (Contains 1-wheat,3,6,7,9,10,12)
<i>All sandwiches are served with skinny chips and Spring salad</i>	
SOUP AND TOASTED HAM & CHEESE S/W 14.00 (Contains 1-wheat,6,7,9,10,12)	

STARTERS

WHIPPED ARDSALLAGH GOATS CHEESE 11.50 <i>Balsamic roasted baby beets, tomato & chili jam</i> (Contains 1-wheat,6,7,9,10,12)	
QUINOA & COUSCOUS GREEN SALAD 9.50 <i>Green vegetables, lemon dressing Linseeds and fresh herbs</i> (Contains 1-wheat,9,12) - vegan	
THE BRASSERIE CAESAR REG 8.95 / LG 12.95 <i>Smoked pancetta and focaccia croutons Baby gem and our dressing</i> (Contains 1-wheat,barley,3,4,6,7,10,12)	
<i>Add on chicken to any salad</i>	4.00

SOUPS

CHEFS ATLANTIC SEAFOOD CHOWDER 9.50 <i>Creamy soup of local fish and shellfish Soda bread</i> (Contains 1-wheat,oat,2,3,4,7,9,12,14)	
SOUP OF THE DAY 5.95 <i>Wholemeal soda bread</i> (Contains 1-wheat,oat,3,6,7,9,12)	
FRENCH ONION SOUP 6.95 <i>Classic onion broth with Milleens cheese toastie</i> (Contains 1-wheat,oat,6,7,9,10,12)	

PIZZA

CLASSIC MARGHERITA 14.50 <i>San Marzano tomato pizza sauce West Cork mozzarella and fresh basil</i> (Contains 1-wheat,3,6,7,9,10,12)	
THE GUBBEEN 15.50 <i>Chorizo from Gubbeen, rocket and crisp onion</i> (Contains 1-wheat,3,6,7,9,10,12)	
VEGAN MOZZARELLA & FETA CHEESE 14.50 <i>Grilled artichokes and sun kissed tomatoes</i> (Contains 1-wheat,6,10,12) - vegan	
BUILD YOUR OWN PIZZA 1.00 EA <i>Choose one of the above and add extra toppings for chicken, bacon, ham, pepperoni, salami, peppers, pineapple, jalapeno peppers, mushrooms, rocket</i> (Contains 10,12)	

WAVES

BAR

LUNCH MENU

PASTA

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

IRISH COMFORT

GILLIGAN FARM WAGYU BEEF BURGER 19.50
Smoked apple wood cheddar in a toasted Brioche bun
Basil mayo and spiced chips
(Contains 1-wheat,3,6,7,9,10,12)

SPICY CHICKEN WINGS 10.95
Crispy wings in our own hot sauce
Main course portion with fries 16.95
(Contains 1-wheat,3,6,7,9,12)

FRESH FISH N CHIPS 18.00
Smithwick's battered
House pickle tartar sauce with salad
(Contains 1-wheat,rye,oat,barley,3,4,6,7,10,12)

CHICKEN BURGER 17.95
Candied bacon and garlic aioli
Lettuce, pickles and chips
(Contains 1-wheat,3,6,7,10,12)

VEGAN VEEF BURGER 17.50
Vegan mozzarella with chive & chili mayonnaise
Beetroot burger bun and fries
(Contains 1-wheat,6,9,10,11,12) - vegan

SIDE ORDERS

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

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.

DESSERTS

WHITE CHOCOLATE & RASPBERRY CHEESECAKE 7.95
Served with a raspberry ice cream
(Contains 1-wheat,3,6,7)

BREAD & BUTTER PUDDING WITH RUM & RAISIN 7.50
Soaked golden raisins and ice cream
(Contains 1-wheat, oat, barley,3,6,7,8-pecan,12,13)

APPLE & BERRY CRUMBLE 7.50
Highbank treacle dressing, vanilla ice cream
(Contains 1-wheat,oat,3,6,7,12)

COCONUT PANNA COTTA 7.50
Pineapple salsa, mango sorbet
(Contains 12) - vegan

STICKY TOFFEE PUDDING 7.50
Butterscotch sauce, Whiskey ice cream
Carmel crisps
(Contains 1-wheat,barley,hops,3,6,7,12)

BOULABAN ICE CREAM 7.00
Selection of ice creams and sorbets
(Contains 1-wheat,barley,3,6,7,8-various,12)

ARTISIAN CHEESEBOARD 13.00
Farmhouse cheese, crackers and chutney
(Contains 1-wheat,oat,rye,3,6,7,8-almond,hazelnut,9,10,11,12)

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