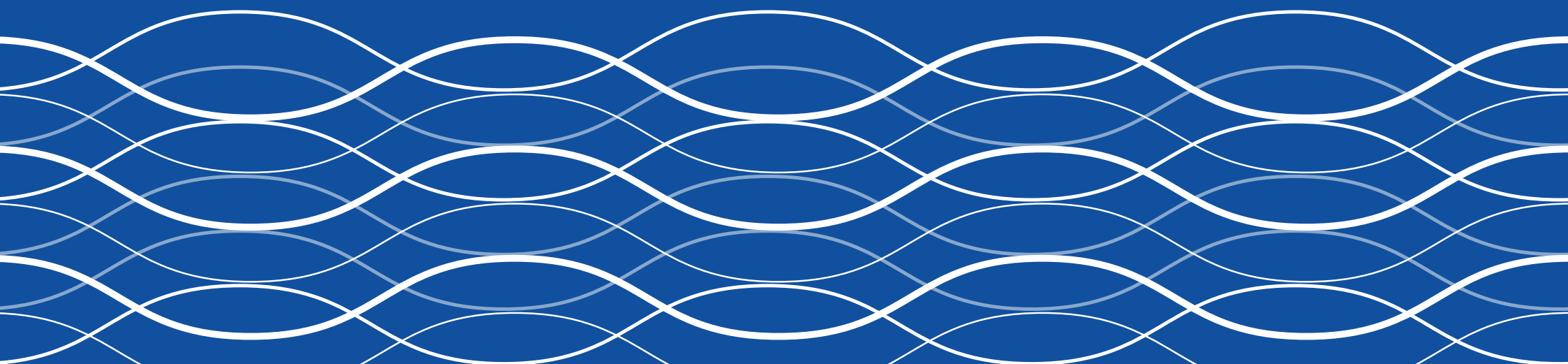


WAVES

BAR





LUNCH MENU

STARTERS

CRISPY FRIED WICKLOW BRIE	11.50
<i>Cranberry & roast pepper coulis, cranberry salad</i>	
(Contains 1-wheat,3,6,7,12)	
ROAST PUMPKIN SALAD	9.90
<i>Chickpeas, kale, coriander and pomegranate</i>	
<i>Lemon dressing</i>	
Vegan - (Contains 6,12)	
<i>Add on Vegan feta style cheese</i>	4.00
THE BRASSERIE CAESAR	REG 9.90 /LG 14.50
<i>Smoked pancetta and focaccia croutons</i>	
<i>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

IRISH COMFORT

SPICY CHICKEN WINGS	11.90
<i>Crispy wings in our own hot sauce</i>	
<i>Main course portion with fries</i>	18.50
(Contains 1-wheat,3,6,7,9,12)	
FRESH FISH N CHIPS	19.90
<i>Smithwick's battered</i>	
<i>House pickle tartar sauce, pea puree, salad</i>	
(Contains 1-wheat,rye,oat,barley,3,4,6,7,10,12)	
CHICKEN BURGER	18.90
<i>Candied bacon and garlic aioli</i>	
<i>Lettuce, pickles and chips</i>	
(Contains 1-wheat,3,6,7,10,12)	
BEEROOT BURGER	18.90
<i>Vegan mozzarella with chive & chili mayonnaise</i>	
<i>Toasted burger bun and fries</i>	
Vegan (Contains 1-wheat,6,9,10,11,12)	

SANDWICHES

THE CLUB SANDWICH	14.90
<i>Toasted sourdough triple decker</i>	
<i>Smoked pancetta, egg, chicken and lettuce</i>	
(Contains 1-wheat,3,7,10,12)	
CHICKEN GOUJON & CAESAR WRAP	11.90
<i>Crispy chicken fillet and baby gem</i>	
<i>Caesar dressing and bacon</i>	
(Contains 1-wheat,3,4,6,7,10,12)	
OPEN PRAWN SANDWICH	15.50
<i>Prawn skagen</i>	
<i>On toasted sourdough with guacamole</i>	
(Contains 1-wheat,2,3,4,6,7,10,12)	
THE VEGAN CLUB	11.90
<i>Toasted sandwich of seared mushrooms</i>	
<i>Tomatoes and baby gem</i>	
Vegan (Contains 1-wheat,6,10,12)	

CREATE YOUR OWN

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

<i>Plain sandwich</i>	8.50
<i>Toasted sandwich</i>	8.90
(Contains 1-wheat,3,6,7,9,10,12)	
<i>All sandwiches are served with skinny chips and salad</i>	
SOUP AND TOASTED HAM & CHEESE S/W	14.90
(Contains 1-wheat,6,7,9,10,12)	

SOUPS

CHEFS ATLANTIC SEAFOOD CHOWDER	9.90
<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	6.90
<i>Wholemeal soda bread</i>	
(Contains 1-wheat,oat,3,6,7,9,12)	
FRENCH ONION SOUP	7.90
<i>Classic onion broth with Milleens cheese toastie</i>	
(Contains 1-wheat,oat,6,7,9,10,12)	

SIDE ORDERS

<i>Side salad (Contains 6,12)</i>	3.75
<i>Creamed potatoes (Contains 7,12)</i>	4.00
<i>Skinny skin on chips (Contains 6)</i>	4.25
<i>Roast root vegetables (Contains 6,7)</i>	4.75
<i>Cheesy garlic bread (Contains 1-wheat,6,7,12)</i>	4.50
<i>Chicken spiced chips (Contains 6,9,10,12)</i>	4.50

PIZZA

CLASSIC MARGHERITA	14.90
<i>San Marzano tomato pizza sauce</i>	
<i>West Cork mozzarella and fresh basil</i>	
(Contains 1-wheat,3,6,7,9,10,12)	
THE GUBBEEN	16.90
<i>Chorizo from Gubbeen, rocket and crisp onion</i>	
(Contains 1-wheat,3,6,7,9,10,12)	
VEGAN MOZZARELLA & FETA CHEESE	15.90
<i>Sun dried tomato, jalapeno and rocket</i>	
Vegan (Contains 1-wheat,6,9,10,12)	
BUILD YOUR OWN PIZZA	1.00 EA
<i>Chicken, bacon, ham pepperoni, salami, pulled BBQ chicken, spiced beef pineapple, onion, tomato, jalapeno, mushroom, sweetcorn, roasted peppers, rocket</i>	
(Contains 10,12)	

PASTA

CARBONARA TAGLIATELLE	15.90
<i>Alsace bacon & Parmigiano Reggiano, garlic bread</i>	
(Contains 1-wheat,3,6,7,9,12)	

OUR SIGNATURE DISH

GILLIGAN FARM WAGYU BEEF BURGER	22.50
<i>Smoked apple wood cheddar in a toasted brioche bun</i>	
<i>Basil mayo and spiced chips (Contains 1-wheat,3,6,7,9,10,12)</i>	

DESSERTS

DECONSTRUCTED VANILLA CHEESECAKE	8.90
<i>Mango and passion fruit served with sorbet</i>	
(Contains 1-wheat,3,6,7,12)	
BREAD AND BUTTER PUDDING	7.90
<i>Honeycomb ice cream and crisp tuille</i>	
(Contains 1-wheat,3,6,7,8-variety,12)	
APPLE & CINNAMON CRUMBLE	7.90
<i>Warm spiced custard and Chantilly cream</i>	
(Contains 1-wheat,oat,3,7,12)	
VEGAN BANOFFEE PIE	8.50
<i>Caramelized banana, hazelnut and chocolate sauce</i>	
Vegan - (Contains 1-wheat,6,8-hazelnut)	
BELGIAN CHOCOLATE MOUSSE TORTE	8.50
<i>Berry compote, blackcurrant coulis and chocolate crumb</i>	
(Contains 1-wheat,barley,hops,3,6,7,12)	
BOULABAN ICE CREAM	7.50
<i>Selection of ice creams and sorbets</i>	
(Contains 1-wheat,barley,3,6,7,8-various,12)	
ARTISIAN CHEESEBOARD	13.50
<i>Farmhouse cheese, crackers and chutney</i>	
(Contains 1-wheat,oat,rye,3,6,7,8-almond,hazelnut,9,10,11,12)	



All our beef and pork is of Irish origin unless stated otherwise and our chicken is of EU origin. 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