

WAVES

BAR

SMALL & LARGE PLATES

SEAFOOD ANTI PASTI PLATE	sm 14.90 lg 22.00
Crab and poached prawns with smoked salmon Wedges of brown bread (Contains 1-wheat,2,3,4,6,7,12)	
CRISPY SCAMPI BITES	sm 11.50 lg 18.00
With homemade tartar sauce for dipping! (Contains 1-wheat,2,3,4,6,7,10,12)	
GOLDEN WICKLOW BRIE	sm 9.90 lg 12.90
On cranberries and roasted pepper coulis Winter slaw and crusty mini baguette (Contains 1-wheat,3,6,7,12)	
STICKY CHICKEN WINGS	sm 11.90 lg 15.90
Finished in a honey and soy sauce with chilli and Spring onion Sprinkled with toasted sesame seed (Contains 6,9,10,11,12)	
PAN FRIED SCALLOPS	sm 15.50 lg 25.00
Finished in butter with house made bacon jam Creamy butternut squash (Contains 7,10,12,14)	
SUNDRIED TOMATO & PISTACHIO ARANCINI	sm 9.90 lg 13.90
Tomato emulsion and pistachio crumbs (Contains 1-wheat,3,6,7,8-pistachio,9,10,12)	

VEGETARIAN & VEGAN CHOICES

VEGETABLE HOT POT	15.50
A warming supper with porcini mushrooms Leeks, carrots and butternut squash Topped with crispy potatoes (Contains 1-wheat,3,6,7,12) - Vegan optional	
VEGAN PULLED BBQ JACKFRUIT	16.50
Served on a chargrilled ciabatta smothered in lime and coriander mayo Potato fries (Contains 1-wheat,6,10,12)	
HEALTHY GREEN LENTIL & BUTTERNUT SQUASH CURRY	15.90
Chickpeas, fresh coriander, toasted cashew nuts Fragranced coconut & basmati rice (Contains 6,8-cashew,9,12) – Vegan	

Add chicken or vegan feta style cheese to above 4.00 (Contains 6)

Add seared prawns to above 6.00 (Contains 2,7)

SOUPS

SOUP OF THE DAY	7.90
Made fresh daily – please enquire with your waiter for further details (Contains 1-wheat,6,9,12)	
SEAFOOD CHOWDER	10.90
Cream based chowder, served with salmon, white fish & mussels Served with brown bread (Contains 1-wheat, oat,2,3,4,6,7,9,12)	

SALADS

SUPERFOOD SALAD WITH CITRUS DRESSING	sm 9.90 lg 14.50
Soya bean, baby spinach leaves, quinoa Guacamole, pomegranate, toasted sunflower seeds, naan bread crisps (Contains 1-wheat,6,12)	
THE BRASSERIE CAESAR	sm 9.90 lg 14.50
Crisp smoky pancetta and buttery focaccia fingers Our creamy house Caesar dressing tossed baby gem Served of course with heaps of parmesan shavings (Contains 1-wheat, barley,3,4,6,7,10,12)	
VERMICELLI NOODLE & CHILLI SALAD	sm 9.90 lg 14.50
Full of flavours of crisp vegetables and fresh coriander Tossed in rice vinegar, gently topped with chili dust (Contains 6,9,10,11,12) - Vegan	

Add chicken or vegan feta style cheese to any of above 4.00
(Contains 6)

Add seared prawns or poached flaky salmon to any of above 6.00
(Contains 2,4,7)

FISH

SALMON MEUNIERE	23.50
Lemon, parsley and capers Chive potato and seared greens (Contains 4,6,7,9,12)	
FRESH FISH N CHIPS	19.90
Beer battered fish served crispy golden brown Chef's house pickle tartar sauce with a zest Traditional mushy peas (Contains 1-wheat,3,4,6,7,10,12)	
CHILLI PRAWN LINGUINE	21.50
With green pesto, blushed tomatoes and garlic oil (Contains 1-wheat,2,3,6,7-pine,12)	

MEATS

100Z STRIP STEAK	32.50
Black truffle aioli, water cress and whiskey pepper sauce Celeriac & potato gratin (Contains 3,6,7,9,10,12) Add seared prawns to above 6.00	
CHICKEN SUPREME LA BRASA	22.00
Seared Irish chicken supreme marinated in garlic, chilli and coriander Pan la brasa sauce with a hint of lemon and lime, champ mash Crispy onion and bok choy (Contains 6,7,9,12)	
BEEF BURGER	21.50
7oz burger with Hegarty cheddar in brioche bap Mildly spicy & smokey BBQ sauce, baby gem and spiced fries (Contains 1-wheat,3,6,7,9,10,12) Add crispy pancetta for 2.50	
SLOW COOKED BEEF FEATHERBLADE	23.00
Alsace bacon jam Roast carrot, thyme & port jus (Contains 6,7,9,10,12)	

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

WAVES

BAR

SIDES

Champ potatoes (Contains 7,12)	4.50
Bacon roast potatoes with parmesan (Contains 7,9,12)	4.50
Dirty fries - topped with bacon, cheese and pepper sauce (Contains 7,9,12)	4.50
Roast plum cherry tomato & rucola salad (Contains 12)	4.50
Tender stem broccoli in almond butter (Contains 7,8-almond)	5.00
Maple braised root vegetables (Contains 7,9,12)	5.00

PIZZA

CLASSIC MARGHERITA San Marzano tomato pizza sauce West Cork mozzarella and fresh basil (Contains 1-wheat,3,6,7,9,10,12)	15.50
THE GUBBEEN Chorizo from Gubbeen, rocket and crisp onion (Contains 1-wheat,3,6,7,9,10,12)	17.50
VEGAN MOZZARELLA & FETA CHEESE Sun dried tomato, jalapenos and rocket (Contains 1-wheat,3,6,10,12)	16.50
WILD MUSHROOM Wild mushroom and goats' cheese Caramelized red onion relish (Contains 1-wheat,6,7,9,10,12)	17.50

BUILD YOUR OWN PIZZA

Choose one of the above and add extra toppings at 1.00 EA

Chicken, bacon, ham, pepperoni, salami, spiced beef,
pineapple, onion, tomato, jalapeno, mushroom, sweetcorn,
roasted peppers, rocket
(Contains 10,12)

SWEET CHOICES

CARAMEL & PECAN NUT BROWNIE Covered in toffee sauce and hazelnut ice cream (Contains 1-wheat,3,7,8-pecan&hazelnut)	8.90
SICILIAN LEMON CAKE With raspberry sorbet and freeze-dried raspberry crumbs (Contains 1-wheat,6) – Vegan	8.90
SELECTION OF BOULABAN ICE CREAM Please ask your server (Contains 1-wheat&barley,3,6,7,8-various,12)	8.50
KNICKERBOCKER GLORY - The Classic Strawberry and vanilla ice cream, strawberry syrup Fresh mango and candied pistachios (Contains 3,7,8-pistachio,12)	8.90
CARPACCIO OF PINEAPPLE With chilli sweetness and salted caramel ice cream (Contains 1-wheat,7,8-hazelnut) – Vegan optional	8.90
IRISH FARMHOUSE CHEESE SELECTION Grapes, celery, cheese biscuits and chutney (Contains-1 wheat, oat, rye,3,6,7,8-almond, hazelnut,9,10,11,12)	14.50

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