



LUNCH

SERVED FROM 12.30 TO 17.30

SANDWICHES

THE CLUB – THE CLASSY SANDWICH 13.90
Crispy smoked pancetta, chicken, egg and lettuce
On crusty sourdough
(Contains 1-wheat,3,6,7,10,12)

THE VEGAN CLUB – THE ALTERNATIVE (VEGAN) 11.90
Fried portobello mushrooms
Roasted sweet tomatoes and crunchy gem, sourdough
bread (Contains 1-wheat,6,10,12)

CAESAR WRAP 10.90
Chicken goujon and Caesar salad wrap
(Contains 1-wheat,3,4,6,7,10,12)

REUBEN SANDWICH
THE MUST HAVE NYC SANDWICH 13.50
Shaved local pastrami beef, sauerkraut
Melting Emmental cheese, lemon mayonnaise drizzles
(Contains 1-wheat,3,6,7,9,10,12)

OPEN SMASHED AVOCADO CIABATTA
THE MODERN CLASSIC 13.50
Chili & lime infused, slow roast sweet peppers
Fresh coriander spiced mayo
(Contains 1-wheat,3,6,7,10,12)

TOASTED SPECIAL
OFF THE CHARTS TOASTIE 9.90
Hand carved ham and Horgan's cheddar
Caramelised onion and mild mustard on sourdough
bread (Contains 1-wheat,3,7,10,12)

ADD ONS
Cup of soup 3.50
Bowl of soup 6.00
Cup of skinny fries 2.50
House slaw 2.50
Rocket and tomato salad 3.00

SALADS

SUPERFOOD SALAD WITH CITRUS DRESSING sm 9.90 lg 14.50
Soyabean, 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 AND 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)

PIRI PIRI CHICKEN SALAD sm 13.50 lg 17.50
Warm hand sliced piri piri spiced chicken
Pear compote and sweet roast cherry tomato
Topped with shoestring sweet potato
(Contains 6,10,12)

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)

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

PIZZA

CLASSIC MARGHERITA 15.50
San Marzano tomato pizza sauce
West Cork mozzarella and fresh basil
(Contains 1-wheat,3,6,7,9,10,12)

THE GUBBEEN 17.50
Chorizo from Gubbeen, rocket and crisp onion
(Contains 1-wheat,3,6,7,9,10,12)

VEGAN MOZZARELLA & FETA CHEESE 16.50
Sun dried tomato, jalapenos and rocket
(Contains 1-wheat,3,6,10,12)

WILD MUSHROOM 17.50
Wild mushroom and goats' cheese
Caramelized red onion relish
(Contains 1-wheat,6,7,9,10,12)

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)

SIDES

Champ potatoes 4.50
(Contains 7,12)

Bacon roast potatoes with parmesan 4.50
(Contains 7,9,12)

Dirty fries – topped with bacon, cheese & pepper sauce 4.50
(Contains 7,9,12)

Roast plum cherry tomato & rucola salad 4.50
(Contains 12)

Tender stem broccoli in almond butter 5.00
(Contains 7,8-almond)

Maple braised root vegetables 5.00
(Contains 7,9,12)

HOT DISHES

ROAST OF THE DAY 17.50
Served as it should be
Creamy potatoes and sweet roasted seasonal vegetables
The waiter will know more – please ask!
(Contains 6,7,9,12)

FRESH FISH N CHIPS 19.90
Beer battered white fish served crispy golden brown
Chef's house pickle tartar sauce with a zest
Traditional creamy peas (Contains 1-wheat,3,4,6,7,10,12)

HOUSE BEEF BURGER 21.50
7oz steak burger with Hegarty cheddar in brioche bap
Mildly spicy & smoky burger sauce, baby gem and spiced fries
(Contains 1-wheat,3,6,7,9,10,12)

HEALTHY GREEN LENTIL & BUTTERNUT SQUASH CURRY 15.90
Chickpeas, fresh coriander, toasted cashew nuts
Fragranced coconut & basmati rice
(6,8-cashew,9,12) – Vegan

Add chicken or vegan feta style cheese to above 4.00 (Contains 6)
Add seared prawn tails to above 6.00 (Contains 2,7)

SWEET CHOICES

CARAMEL & PECAN NUT BROWNIE 8.90
Covered in toffee sauce and hazelnut ice cream
(Contains 1-wheat,3,7,8-pecan&hazelnut)

SICILIAN LEMON CAKE 8.90
With raspberry sorbet and freeze-dried raspberry crumbs
(Contains 1-wheat,6) – Vegan

SELECTION OF BOULABAN ICE CREAM 8.50
Please ask your server
(Contains 1-wheat&barley,3,6,7,8-various,12)

KNICKERBOCKER GLORY - The Classic 8.90
Strawberry and vanilla ice cream, strawberry syrup
Fresh mango and candied pistachios
(Contains 3,7,8-pistachio,12)

CARPACCIO OF PINEAPPLE 8.90
With chilli sweetness and salted caramel ice cream
(Contains 1-wheat,7,8-hazelnut) – Vegan optional

IRISH FARMHOUSE CHEESE SELECTION 14.50
Grapes, celery, cheese biscuits and chutney
(Contains-1 wheat, oat, rye,3,6,7,8-almond, hazelnut,9,10,11,12)

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