



## chapter 16

# EarlyBird Menu

2 courses €21\*

2 courses, 2 people  
& a bottle of house wine €59\*

\*starter & main course, supplements may apply

# starters

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## **soup of the day**

*a choice of our vegetable soup or chef's special of the day  
(v)(gf)(ce)*

## **kilmore quay seafood chowder**

*selection of fresh, smoked & shelled fish in a white wine & dill cream base  
with homemade brown soda bread  
(v)(ce)(mu)(cr)(ms)(f)(gf)*

## **prawn & chorizo skewer**

*prawn & chorizo skewer with a cucumber & melon salad  
(cr)(se)(e)*

## **goat's cheese & beetroot salad**

*pistachio crusted goat's cheese on a bed of rocket & beetroot salad, toasted brioche  
(v)(gf)(n)*

## **cajun chicken caesar**

*cajun spiced crispy chicken, bacon lardons, croutons, baby gem,  
aged parmesan, house caesar dressing  
(e)*

## **silken hot 'n' spicy wings**

*blue cheese dip & celery batons  
(c)(gf)(ce)(e)*

## **potted crab**

*crab meat dressed with a citrus & chive mayo, avocado mousse & toasted bread  
(v)(gf)(ce)*

## **garlic mushrooms**

*golden crumbed mushrooms & garlic aioli  
(v)(e)(df)*

## **homemade free-range chicken liver paté**

*toasted bread & cumberland sauce*

# steaks

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**6oz centre-cut fillet (+ €6)**

**8oz centre-cut fillet (+ €9)**

**10oz prime Irish sirloin (+ €6)**

**12oz prime Irish ribeye (+ €9)**

*all steaks are cooked to order, accompanied  
with house fries, grilled tomato, french fried onions (gf), sautéed mushrooms  
& a choice of bearnaise (e), peppercorn (gf), mushroom sauce or garlic butter*

**surf your turf with succulent prawns, add extra €5**

## **all our beef is 100% of irish origin**

*please allow 25 mins for well done steaks, & certain dishes,  
as they are cooked fresh to order.*

*we take every effort to use locally sourced produce & suppliers*

*Our dry aged beef... we source all our fillet, sirloin & ribeye steak from local Irish craft butchers.  
They understand the level of quality & consistency that our customers demand.*

# fish

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## pan-fried fillet of seabass

*fillets of seabass, saute potatoes, tenderstem broccoli, asparagus spears, with a tomato & pancetta sauce*  
(f)(n)

## pan-fried irish salmon

*fresh Irish salmon, spiced potatoes, buttered greens, red grape sauce, crisp kale*  
(f)(gf)

## fresh fillet of cod

*pan-fried fillet of fresh cod, green beans, asparagus, warmed quinoa, fennel purée with a chorizo cream*  
(f)(gf)

## crean's battered cod fillet

*crisp crean's beer battered fish, mushy peas, fries & tartare sauce*  
(f)(gf)(e)

# main courses

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## supreme of chicken

*baked supreme on a bed of mushroom orzo, bacon & parmesan bon-bon, roasted red onion & red wine jus*

## irish daube of beef

*slow cooked for 8 hours, parsnip purée, crispy pancetta, wild mushrooms, silver skin onions & red wine jus*  
(gf)

## crispy half roasted duck

*stir-fried vegetables, honey, soya & sesame dressing with egg fried rice*  
(gf)(e)(se)(sy)(df)

## thai green vegetable curry

*spiced thai green vegetable curry, naan bread & our special fried rice*  
(gf)(e) add chicken or prawns(cr)

## silken 8oz tower burger

*served on a brioche bun with lettuce, beef tomato, bacon, cheese & onion rings*  
(mu)

## spaghetti carbonara

*traditional creamy carbonara sauce with pancetta & parmesan cheese, add chicken*

# vegetables & sides

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**french fried onion rings - fries**

**chef's selection of vegetables**

**mixed side salad - creamed potato**

**baby boiled potatoes**

*Please note that all our main courses are served with a complete garnish.*

*As a table you can select a side each to compliment your meal,  
or go with the recommendation of your server. (which is always good)*

*All extra sides are €2.50*

v-vegetarian  
gf-gluten free  
f-fish  
sy-soy

se-sesame  
ms-mollusc  
mu-mustard  
cr-crustacean

e-egg  
n-nuts  
ce-celery  
df-dairy free

*please be aware that some of our dishes contain allergens. kindly ask your server for a list of items if required, thank you*