

# Sample Gluten Free Options

## STARTERS

SOUP OF THE DAY	€5.75
A CHOICE OF OUR VEGETABLE SOUP OR CHEF'S SPECIAL OF THE DAY (7)(9)	
HOMEMADE FREE-RANGE CHICKEN LIVER PATE	€8.50
CUMBERLAND SAUCE & GLUTEN-FREE BREAD (3)(7)(12)	
CAJUN CHICKEN CAESAR SALAD	€8.95/€13.95
CAJUN SPICED CHICKEN, BACON LARDONS, BABY GEM, AGED PARMESAN & HOUSE CAESAR DRESSING (3)(4)(10)	
GARLIC PRAWNS	€9.95
CHILLI, CORIANDER & LIME, GLUTEN-FREE BREAD (2)(4)(7)(14)	
SILKEN HOT 'N' SPICY WINGS	€8.95/€13.95
BLUE CHEESE DIP & CELERY BATONS (6)(7)(9)	

## MAINS

ROAST IRISH BEEF	€14.95
GRAVY, HORSERADISH CREAM, VEGETABLES & CREAMED POTATO (7)(9)(12)	
FILLET OF HAKE	€17.95
PAN-FRIED FRESH FISH, CHORIZO & CHICKPEA RAGOUT, ROCKET PESTO (4)(9)(12)(14)	
GLUTEN-FREE BATTERED FILLET OF FRESH FISH	€15.95
FRIES, MUSHY PEAS, & TARTARE SAUCE (3)(4)(6)(9)	
ORIENTAL STIR-FRY	€14.95
TOSSED IN OUR CHILI SAUCE WITH CRISP VEGETABLES SERVED WITH RICE (3)(7)(9)(12) CHICKEN OR VEGETARIAN	
SILKEN CHICKEN CURRY	€14.95
OUR NOW FAMOUS, MILD & SWEET CHICKEN CURRY (ADD CHIPS €1) (1)(2)(6)(9)	

## STEAKS

100Z SIRLOIN	€24.50
TENDER & FULL OF FLAVOUR	
80Z FILLET	€27.50
THE MOST TENDER OF ALL CUTS	

all steaks are cooked to order, accompanied with fries (6), grilled tomato, flat cap mushroom (7) & choose from bearnaise (3)(7), mushroom (7), peppercorn (7)(12) sauce or garlic butter (7). please allow 25mins for well-done steaks

## SIDES

FRIES (6) €2.95	CREAMED POTATO (7) €2.95
MARKET VEGETABLES (7) €2.95	GREEN SALAD (10)(12) €2.95
MASH & VEG MIX (10)(12) €3.95	

## DESSERTS

FRUIT MERINGUE	€6.95
A TOWER OF FRESH FRUIT & CRISP MERINGUE & FRESH CREAM (3)(7)	

ALL OF OUR SAUCES ARE GLUTEN-FREE  
FOR FURTHER OPTIONS PLEASE SEE YOUR SERVER

