

# GLUTEN-FREE OPTIONS

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## STARTERS

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### SOUP OF THE DAY

a choice of our vegetable soup or chef's special of the day served with gluten free bread ③⑦⑨

### CAJUN CHICKEN CAESAR SALAD

cajun spiced chicken, bacon lardons, baby gem, aged parmesan & house caesar dressing ③④⑩

### SILKEN HOT 'N' SPICY WINGS

blue cheese dip, celery batons ③⑥⑦⑨

### BBQ BABY BACK RIBS

served with house slaw ⑥⑨⑩⑫

## MAINS

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### ROAST IRISH BEEF

roasties, creamed potatoes, vegetables, traditional gravy, horseradish ③⑦⑨⑫

### GLUTEN-FREE BATTERED FILLET OF FRESH FISH

fries, mint & pea puree, tartare sauce ③④⑥⑦⑫

### ORIENTAL STIR-FRY

tossed in our chili sauce with crisp vegetables served with rice (add chicken €2) (add beef €3) (add prawns €5) (add tofu €2)

### SILKEN CHICKEN CURRY

our now famous, mild & sweet chicken curry (add fries €1) ②⑥⑨

### 100Z SIRLOIN

tender & full of flavour

## DESSERTS

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### STRAWBERRY MERINGUE

a tower of fresh strawberry & crisp meringue with fresh cream ③⑦

**\*FOR FURTHER OPTIONS PLEASE SEE YOUR SERVER  
(PRICES MATCH REGULAR MENU AT THE TIME)**

*allergens*

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|---------------|------------|-------------|------------|
| ① cereals     | ⑤ peanuts  | ⑨ celery    | ⑬ lupins   |
| ② crustaceans | ⑥ soybeans | ⑩ mustard   | ⑭ molluscs |
| ③ eggs        | ⑦ milk     | ⑪ sesame    |            |
| ④ fish        | ⑧ nuts     | ⑫ sulphites |            |

