GLUTEN-FREE OPTIONS

STARTERS

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

POTATO SKINS
cheese sauce, bacon bits & spring onion, sweet chilli mayo dip 3 7 10

MAINS

ROAST IRISH BEEF
roasties, creamed potatoes, vegetables, traditional gravy, horseradish ③⑦⑨⑫

PAN-FRIED FISH
served with mash potatoes & vegetables ③④⑥⑦⑫

ORIENTAL STIR-FRY
tossed in our chili sauce with crisp vegetables served with rice (add plain chicken €2.50) (add beef €3) (add prawns €5) (add tofu €2)

SILKEN CHICKEN CURRY
our now famous, mild & sweet chicken curry (add fries €2) ②⑥⑨

10OZ SIRLOIN
all steaks are cooked to order, accompanied with fries 6, grilled tomato, sautéed mushrooms & onions, & choose from mushroom ⑦, peppercorn 7 12 sauce or garlic butter 7. please allow 25mins for well-done steaks

DESSERTS

RICE PUDDING
with fresh cream & strawberry coulis ③⑦

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

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	