

Gastro Menu

MONDAY - THURSDAY 15:00 - 20:30 FRIDAY & SATURDAY 15.00 - 21.00

SUNDAY 17.00 - 20.30

Starters

Crispy Chicken Strips (1,3,6,7,8) - €9.50

Tender Chicken Strips served on a Bed of Tossed Leaves, Drizzled with Satay Sauce, Chili Flakes, & Coriander, finished with Sesame Seeds for added Crunch

Hot and Spicy Chicken Wings (3,7,9,10) - €9.50 ×

Succulent Chicken Wings Tossed in your choice of House-Style Sauce or Sweet BBQ Sauce, served with a Creamy Garlic Dip, a Perfect Starter to Kickstart your Meal

Chicken and Mushroom Vol au Vent (1,3,7,9,10,12) - €9.50

Tender Chicken Breast & Button Mushrooms in a White Wine Cream Sauce, nestled in a Flaky Pastry Shell

Caesar Salad (1,3,4,7,10) - €9

A Timeless Combination of Baby Gem Lettuce, Herb Croutons, Smoked Bacon Lardons, & Parmesan Shavings, tossed in Creamy Caesar Dressing

Add Cajun Chicken for Extra Flavour - €4 Supplement

Tempura Prawns (1,2,3,10) **- €9**

Crispy Scampi served with Fresh Lettuce, Diced Tomato, Chef's Homemade Tartar Sauce, & a refreshing Lemon Wedge

Duck Salad (6,10) - €11.50 **※**

Savour Tender Sliced Duck Breast on a bed of Vibrant Mixed Leaves, Peppers, & Onions, tossed with Juicy Citrus Segments for a Refreshing & Flavourful Beginning

Pork Belly Croquette (1,3,7,9) - €10

Succulent Pork Belly, Delicately Seasoned & Slow-Cooked to Perfection, served with Lettuce & Apple Gel, encased in a Golden, Crunchy Coating

Please ask your Server for Today's Soup Selection Gluten-Free Bread Available

Main Course

Fish Tacos (1,3,4,7,10,12) - €16.50

Three Soft Tortilla Wraps filled with Lightly Battered Cod, Iceberg Lettuce, Homemade Sriracha Slaw, Scallion, Cucumber, & served with Chips, a Flavourful Seafood Delight

Pan-Fried Sea Bass (4,7,9,12) - €18 **※**

Fresh Sea Bass served with Sautéed Potatoes, Green Beans, & Lemon Cream Sauce, accompanied by Charred Lemon for a Refreshing & Elegant Dish

ALLERGEN INFORMATION

1= cereals containing gluten 2= crustaceans 3=eggs 4 =fish 5=peanuts 6=soyabean 7=milk 8 =nuts 9=celery 10=mustard 11=sesame 12=sulphur dioxide 13=lupin 14=molluscs



Pork Belly (7,9,12) - €17 ×

Indulge in Tender Pork Belly with Smoked Bacon, Braised Cabbage, Champ & Cumin Cream Sauce, a Comforting & Hearty Choice

Traditional Fish and Chips (1,3,4,10,12) - €18

Beer-Battered Cod, Mushy Peas, Chefs Homemade Tartar Sauce, & Crispy Chips, served with a Refreshing Lemon Wedge

Chicken Enchiladas (1,7,9) - €16.50 ×

Warm flour Tortillas filled with Mixed Peppers, Onions, & your choice of Chicken, topped with Tomato Sauce, Fresh Salsa, & Guacamole, with a Vegetarian Option available for a Flavourful Mexican-Inspired Dish

Chicken Stack (7,9,10,12) - €16.50 ×

Enjoy a Delicious Combination of Champ, Smoked Bacon, Creamy Pepper Sauce, & Baby Carrots, a Satisfying Choice Bursting with Flavour

Red Thai Chicken Curry (2,7,9) - €17 ×

Tender Pieces of Chicken in a Flavourful Blend of Red Curry Paste, Coconut Milk, Ginger, Garlic, & Vegetables, served with Rice or Chips for a Taste of Thailand

Traditional Beef Lasagne (1,3,7,9,10,12) - €16.50

Classic Beef Lasagne served with Coleslaw, Mixed Salad, and Chips, a Comforting & Hearty Italian Favourite

Smash Beef Burger (1,3,7,10,12) - €17

A Double Patty Beef Burger with Cheddar Cheese, Lettuce, Gherkins, Sautéed Onions, Tomatoes, Relish, all on a Brioche Bun, served with Chips & Onion Rings for a Satisfying Meal

Breaded Spiced Chicken Burger (1,3,7,9,10) - €17.50

Irish Chicken Breast topped with Cheddar Cheese, Smoked Bacon, Iceberg Lettuce, Pickle, Tomato, on a Brioche Bun, served with Chips & Cajun Mayo for a Flavourful Twist on a Classic Burger

Prawn Tagliatelle (1,2,3,6,7,9,12) - €18

Succulent Prawns Sautéed with Garlic, Cherry Tomatoes, & Fresh Herbs, tossed in a Light White Wine Butter Sauce served over Delicate Ribbons of Tagliatelle Pasta, a Seafood Pasta Delight

Cajun Chicken Pasta (1,3,7,9,12) - €16.50

Tender Cajun Chicken Pieces served with Penne Pasta & a Rich Creamy Sauce, a Flavourful & Comforting Pasta Dish

10oz Prime Irish Grilled Sirloin Steak (1,7,9,10,12) - €28

Enjoy a 10oz Sirloin Steak cooked to your liking, served with Sautéed Mushrooms, Crispy Onions, & Chips, with your choice of Black Pepper Cream Sauce or Roasted Garlic Butter

Rowley's Mixed Grill (1,3,6,7,10) - €19.50

A Hearty Feast featuring Bacon, Sausages, Grilled Tomato, 4oz Steak Fried Mushrooms, Fried Eggs, & a combination of Black and White Pudding, served with Chips

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Desserts

Banana Spilt (3,7) - €7

Banana Split in Half with Vanilla & Strawberry Ice Cream topped with Whipped Cream, Chocolate Sauce

Mango & Passion Fruit Cheesecake (1,3,7) - €8

A Tropical delight Creamy Cheesecake infused with Fresh Mangos & Passion Fruit on a Buttery Crust with Fresh Whipped Cream

Eton Mess (3,7) - €7

Broken Meringue Pieces, Fresh Strawberries, Strawberry Sauce & Whipped Cream

Warm Chocolate Brownie (1,3,7) - €7

Warm Chocolate Brownie, topped with Decadent Drizzle of Chocolate Sauce with a Dollop of Creamy Vanilla Ice Cream

Rhubarb & Berries Crumble (1,3,7) - €7

Vanilla Ice Cream topped with Hot Chocolate, Caramel Sauce and Whipped Cream

Selection of Ice Cream & Coulis (3,7) - €7.50

Beverages

Tea/Coffee €3.10

Herbal Tea €3.75

Americano €3.70

Latte/Cappucino €3.90

Mocha €4.40

Hot Chocolate €3.70

Espresso €4.40



All of our Beef is 100% Irish



Locally Sourced Produce



Gluten Free Options



Vegan Options Availble







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