



# GLUTEN-FREE MENU

## STARTER SELECTION

**CHILLED FAN OF OGEN MELON €5.90**  
served with a Fruit Coulis

**CHICKEN CAESAR SALAD €8.50**  
Steamed Chicken, Crispy Baby Gem, Bacon Lardons,  
Freshly shaved Parmesan with Homemade Caesar dressing **3, 4, 7**  
**Chicken Caesar Salad Main €16.50**

**SEASONALLY INSPIRED SOUP OF THE DAY €6.50**  
Served with Gluten Free Bread **9, 12**

## MAIN COURSE SELECTION

**NEAPOLITANO SPAGHETTI €16.90**  
Mixed Vegetables Sautéed in Olive Oil with an Authentic  
Tomato Sauce Topped with Freshly Shaved Parmesan **7**

**WARM CHICKEN RUSTIC SALAD €17.95**  
Pan-Fried Chicken & Bacon with Garlic Potatoes  
Tossed Salad & Coriander Dressing **7, 12**

**THAI VEGETABLE STIRFRY €17.50**  
Wok-Fried, Mushrooms, Pungent Peppers Spring Onions Lime,  
Pickled Ginger, Honey, Garlic & Soy  
served with Fragrant Basmati Rice **6 Add Chicken €2.00**

**GRILLED 21 DAY AGED STEAKS**  
**10OZ SIRLOIN STEAK €31.00**  
Served with Sauté Onion, Mushroom, a Choice of Chips or Mash, Pepper  
Sauce, Garlic Butter or Gravy

**COCK & BULL €28.50**  
Fillet of Chicken with a 6oz Steak served with Pepper Sauce & a Choice of Side

**CATCH OF THE DAY €19.95**  
Fresh Fillet of Fish Served with Béarnaise Sauce  
Chive Mash & Garden Vegetables **3, 4, 7, 12**

## SELECTION OF DESSERTS - TEA COFFEE

**SKINNY PREMIUM LAGER NOW AVAILABLE**  
Vegan, Gluten Free, Kosher, Reduced Calorie & Full of Flavour!

**PLEASE ASK YOUR SERVER FOR DETAILS!**

**ALLERGENS;** 1.Cereals containing Gluten 2.Crustaceans 3.Eggs 4.Fish 5.Peanuts 6.Soybeans  
7.Milk 8.Nuts 9.Celery 10.Mustard 11.Sesame 12.Sulphates 13.Lupin 14.Molluscs