

STARTERS

House Smoked BBQ Chicken Wings

€11.00/€15.00

spiced jerk mayonnaise, celery sticks

Contains: celery, eggs, wheat, mustard, sesame, soya

Seafood Chowder

€11.00

salmon, cod, mussels, cockles, home-made brown bread

Contains: wheat, celery, milk, mollusc, fish

Soup of the Day (V)(VE)

€7.00

homemade brown bread

Contains: wheat, celery, milk

MAINS

Amritsari Chicken Curry

€20.00

basmati rice, tandoori naan, cucumber & mint raita, pickled red onion

Contains: gluten, eggs, milk, mustard, nuts, sulphur dioxide

Peri-Peri Chicken Burger

€19.00

baby gem lettuce, tomato, spicy mayonnaise, crispy onion

Contains: wheat, milk, mustard, egg, sesame

Tempura Battered Cod

€21.00

crushed marrowfat peas, chunky tartare sauce, skinny fries

Contains: wheat, eggs, milk, mustard, fish, sulphur dioxide

SANDWICHES

Mespil Ploughman's Toastie

€14.00

baked ham, smoked cheddar, gherkin, red onion relish

Contains: wheat, milk, mustard, soya

Roast Nduja Chicken Ciabatta

€15.00

confit garlic aioli, rocket leaves

Contains: wheat, eggs, milk, mustard, soya

Tuna Mayonnaise

€14.00

pickled sweetcorn, red onion, toasted tomato & fennel bread

Contains: wheat, eggs, milk, mustard, fish, soya

Chargrilled Vegetable Wrap (V)

€14.00

peppers, courgettes, aubergine, beetroot hummus, crispy chickpeas

Contains: wheat, sesame, mustard, soya

SALADS

Mespil Caesar Salad

€15.00

baby gem lettuce, sourdough croutons,

bacon, parmesan dressing

add warm grilled chicken €6.00

Contains: wheat, eggs, milk, mustard, sulphur dioxide, nuts

Quinoa Salad (V)

€15.00

spiced chickpea, beetroot, cumin roasted

cauliflower, baby spinach

add warm grilled chicken €6.00

Contains: mustard, sulphur dioxide, sesame

Pearl Cous-Cous Salad (V)(VE)

€15.00

sundried tomato, chargrilled vegetables,

almonds, mixed leaves

add warm grilled chicken €6.00

Contains: almonds, sulphur dioxide, mustard, wheat

Please note any allergens with your server, we are happy to adapt dishes to cater to all dietary needs.

All our beef & chicken is 100% Irish & locally sourced