small plates

Soup of the Day homemade wheaten bread 6.75 Contains 6 (wheat),7,8,12

Red Pepper and Garlic Fried Prawns salad & Marie Rose sauce, served in crispy tortilla bowl 9.95 Contains 1,2,6,7,8,12

Chicken Satay Skewers marinated in soy sauce & coconut milk, celeriac purée, peanut sauce 8.95 Contains 6,7,8,9,12

Fried Beef Strips in Korean Sauce carrot purée, sesame seeds 8.95 Contains 5,8,10,12,13

Quinoa Salad (v) trio of quinoa, baby leaves, cherry tomato, artichoke, flaked almonds, orange dressing 8.95 Contains 5,8,12

Elephant Rock Fish Pie cod fillet topped with mashed potato, petit pois, capers, tomato, lemon cream 9.50 Contains 3.7.8.11.12

Irish Moiled Beef Burger

glazed brioche bun, lettuce, sliced tomato, Ballymaloe relish, white cheddar cheese, twice-cooked chips 16.95 Contains 6,7,8,9,10,12,13

6oz Irish Moiled Sirloin Steak

carrot purée, onion rings, cap mushroom, pepper sauce 17.95 Contains 6,7,8,9,12

toasted sandwiches

B.L.T. bacon, baby gem, tomato, mayo, 13.95 Contains 6,7,11,12

Frankie (Bombay Burrito) (v)

cauliflower, potato, chick peas, pickled red onion, spinach, mint chutney 13.95 Contains 6,7,11,12

All sandwiches are served with skinon chips and salad

1&2- shellfish, 3- fish, 4- peanuts, 5- nuts, 6-8- soya, 9- sulphur dioxide, 10- sesame seeds mustard, 14- lupin. v

large plates

Battered Atlantic Cod Loin pea purée, lime tartare, crispy capers, twice-cooked chips 16.95 Contains 3,6,7,8,11

Grilled Hake Fillet trio of quinoa, pea mint purée, pineapple cream 17.95 Contains 5,7,8,9,12

sides

House salad sweetcorn, red onion, cherry tomato, avocado, house dressing 5.5 Contains 8, 13

All of the below are priced 4.95

Gochujang Sesame Broccoli Contains 4, 5, 7

> Battered Onion Rings Contains 7

Cream/Champ potatoes Contains 7

Hand-cut or skinny chips Contains 8

> Skin-on chips Contains 8

Butter Chicken Curry stir-fried vegetables, yellow basmati rice & Poretti bread 16.95 veggie option – paneer cheese (v) 14.95 Contains 4,5,6,7,8,10,12,13

Soya on Sourdough (v)

soya, red wine and soy sauce, pineapple mayo, sourdough bread 13.95 Contains 6,7,8,10,11,12

desserts

Warm Rhubarb Crumble crème Anglaise, vanilla ice cream 7.50 Contains 5,6,8,11

> House Cheesecake fruit coulis, ice cream 7.50 Contains 5,6,7,11

Date & Orange Pudding butterscotch sauce, honeycomb ice cream 7.50 Contains 5,6,7,11

Banoffee Bocker Glory

biscuit, mascarpone, Morellis salted caramel ice cream, banana ice cream, dulce de leche 7.50 Contains 5,6,7,11