

MENU ALLERGEN INFORMATION

UPDATED 07.04.2024

*We have marked some of our menus with red notes indicating if they can be made:
Vegan Friendly (our Sourdough is Vegan Friendly) AND/OR Gluten Free (we provide Gluten Free Bread)*

Breads

Woodfire Sourdough GF BREAD AVAILABLE – VF BUTTER AVAILABLE

Sourdough: Gluten (wheat) 1

Hazelnut Butter: Dairy 7, Nuts (hazelnuts) 8

Tomato Focaccia VF - CAN BE MADE GLUTEN FREE – WITH GF BREAD

Focaccia: Gluten (wheat) 1

Tomatoes:

Small Plates - WHILE WE HAVE GLUTEN FREE OPTIONS AVAILABLE AND TAKE CARE TO PREPARE YOUR GLUTEN FREE ITEMS – OUR ENVIRONMENT IS NOT GLUTEN FREE

Toonsbridge Burrata Sharing Board

Focaccia: Gluten (wheat) 1

Garlic & Chickpea Hummus:

Basil Pesto: Nuts (pinenuts) 8

Serrano Ham:

Kalamata Olives:

Salad: Mustard 10

Prawn Pil Pil CAN BE MADE GLUTEN FREE – WITH GF BREAD

Prawn: Crustacean 2, Fish 4, Dairy 7

Sourdough: Gluten (wheat) 1

Kilmore Whitebait

Whitebait: Fish 4

Lemon Aioli: Dairy 7

Salad: Mustard 10

Kimore Quay Fishcakes

Fishcakes: Gluten 1, Crustacean 2, Eggs 3, Fish 4, Dairy 7

Salad: Mustard 10

Lemon Aioli: Dairy 7

Chicken Wings GLUTEN FREE

Hot Sauce: Dairy 7, Sulphites 12

Blue Cheese Dressing: Dairy 7

Celery: Celery 9

Pulled Pork Croquettes

Pork Croquettes: Gluten 1, Eggs 3, Dairy 7

Celeriac Puree: Celery 9

Salad: Mustard 10

Apple Chutney: Sulphites 12

Meadowfield Goats Cheese Filo Basket

Wheat 1, Dairy 7, Sulphites 12, Mustard 10

Homemade Soup CAN BE MADE GLUTEN FREE – WITH GF BREAD / VEGAN SOUP AVAILABLE WITH VF Bread

Soup: Dairy 7, Celery 9

Brown Bread: Gluten (wheat) 1, Dairy 7, Sulphites 12

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Fish

Yellowbelly Beer battered Haddock, House Fries, Mushy Peas and Homemade Tartar Sauce

Haddock: Gluten (Wheat) 1, Eggs 3, Fish 4

Beer Batter: Cereals Containing Gluten (Malt, Wheat, Barley) 1, Sulphite 12

Mushy Peas: Dairy 7

Tartare Sauce: Egg 3, Mustard 10, Sulphites 12

Salad: Mustard 10

'Naked' Haddock, House Fries, Mushy Peas and Homemade Tartar Sauce **GLUTEN FREE**

Haddock: Fish 4

Mushy Peas: Dairy 7

Tartare Sauce: Egg 3, Mustard 10, Sulphites 12

Salad: Mustard 10

Pan Fried Hake **GLUTEN FREE**

Hake and Chowder Sauce: Crustacean 2, Fish 4, Dairy 7, Celery 9, Sulphites 12,

Mash: Dairy 7

Salad: Mustard 10

Fish Burger

Bun: Eggs 3, gluten (wheat) 1, Dairy 7.

Hake: Fish 4, Gluten (malt, wheat, barley) 1, Eggs 3

Tartare Sauce: Sulphite 12, Egg 3, Mustard 10

Pickled cucumber: Sulphites 12, Mustard 10

Salad: Mustard 10

Market Fish of the Day

Please Ask Your Server

Meat

Braised Feather Blade Beef **CAN BE MADE GLUTEN FREE – WITHOUT CHEDDAR CROQUETTE**

Beef: Sulphites 12

Honey Roast Carrots & Seasonal Greens & Onions:

Cheddar Croquette: Gluten (wheat) 1, Egg 3, Dairy 7

Red Wine Jus: Sulphites 12

Cornfed Chicken Supreme

Chicken Supreme:

Apricot & Pine Nut Stuffing: Gluten (wheat) 1, Nuts (pine nut) 8

Champ Potato: Dairy 7

Seasonal Greens:

Light Jus: Sulphites 12

Macamore Burger **CAN BE MADE GLUTEN FREE – WITHOUT BURGER BUN**

Bun: Eggs 3, Gluten (wheat) 1, Dairy 7.

Cheddar: Dairy 7

Apple Chutney: Sulphites 12, Mustard 10

Mayonnaise: Eggs 3, Sulphites 12, Mustard 10

Salad: Mustard 10

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Vegetarian

Spiced Vegetable Couscous Fritters **GLUTEN FREE**

Fritters:

Ratatouille:

Tzatziki: Dairy 7

Poached Salmon Salad **CAN BE MADE GLUTEN FREE – WITH GLUTEN FREE BREAD**

Salmon: Fish 4

Crab: Crustacean 2

Caesar Dressing: Eggs 3, Fish 4, Dairy 7

Egg: Egg 3

Anchovies: Fish 4

Sourdough: Gluten (wheat) 1

Salad: Mustard 10

Poached Pear Blue Cheese Salad **CAN BE MADE GLUTEN FREE – WITH GLUTEN FREE BREAD**

Walnuts: Nuts 8, Blue Cheese: Dairy 7

Honey Mustard Dressing: Sulphites 12, Mustard 10

Sourdough: Gluten (wheat) 1

Sides

Wexford Cheddar Spring Croquettes

Gluten (wheat) 1, Eggs 3, Dairy 7

Seasonal Green Vegetables with Hazelnut Butter

Dairy 7, Nuts (hazelnuts) 8

Salad Leaves with Seeds & Honey Mustard Dressing

Mustard 10

Chips with Sea Salt & Vinegar Mayo

Eggs 3, Sulphites 12

Pizza menu - WHILE WE HAVE GLUTEN FREE OPTIONS AVAILABLE AND TAKE CARE TO PREPARE YOUR GLUTEN FREE ITEMS – OUR ENVIRONMENT IS NOT GLUTEN FREE

*Our pizza dough is Vegan Friendly and can be topped with vegan cheese – please request with your server
All our pizzas can also be made on Gluten Free bases but *please note they are cooked in the same oven in a heavy flour environment, while we use separate utensils to do so.*

Garlic Pizza - Gluten (wheat) 1, Dairy 7

Margherita - Gluten (wheat) 1, Dairy 7, Sulphites 12

Vegetarian Pizza - Gluten (wheat) 1, Dairy 7, Sulphites 12

Goats cheese, olives, and Rocket Leaves - Gluten (wheat) 1, Dairy 7, Sulphites 12

Caramelised Onion Goats Cheese and Serrano Ham - Gluten (wheat) 1, Dairy 7, Sulphites 12

Chorizo - Gluten (wheat) 1, Dairy 7, Sulphites 12

Serrano Ham and Pineapple - Gluten (wheat) 1, Dairy 7, Sulphites 12

Buffalo Sausage - Gluten (wheat) 1, Dairy 7, Sulphites 12

Chicken and homemade pesto - Nuts (Peanuts) 5, Gluten (wheat) 1, Dairy 7, Sulphites 12

Meat Feast - Gluten (wheat) 1, Dairy 7, Sulphites 12

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Desserts - WHILE WE HAVE GLUTEN FREE OPTIONS AVAILABLE AND TAKE CARE TO PREPARE YOUR GLUTEN FREE ITEMS – OUR ENVIRONMENT IS NOT GLUTEN FREE

Sticky Toffee Pudding, Sticky toffee sauce, Vanilla Ice cream

Sticky Toffee Pudding: Gluten (wheat) 1, Dairy 7, Sulphites 12, Eggs 3

Sticky Toffee Sauce: Dairy 7, Sulphites 12

Vanilla Bean Ice-cream: Dairy 7, Eggs 3

Pear, Walnut & Cinnamon Crumble

Vanilla Bean Custard - €8.50

Gluten 1, Dairy 7, Eggs 3, Nuts (Walnut) 8

Belgian Chocolate & Lotus Brownie

Butterscotch Sauce - €8.50

Gluten 1, Dairy 7, Eggs 3, Sulphites 12

Traditional Mixed Berry Trifle

Traditional Mixed Berry Trifle with Vanilla Bean Custard and Cream - €8.50

Gluten 1, Dairy 7, Eggs 3,

Spiced Orange & Cointreau Cheesecake

Whipped Cream - €8.00

Gluten 1, Dairy 7, Eggs 3, Sulphites 12

Selection of Sorbets VEGAN FRIENDLY

ADDITIONAL ITEMS:

*KIDS MENU – PLEASE SEE MENU ITEMS LISTED IN MAIN ITEMS