



ALLERGENS MENU

Please be mindful that our dedicated kitchen team expertly manages the preparation of dishes containing the 14 mandatory allergens daily. Although every care is taken to ensure the safety of our guests, please inform a member of our team if you have any food allergies, intolerances, coeliac disease, or other dietary requirements. This will enable us to tailor your dining experience, and we will endeavour to meet your specific needs

Allergens:

(D) Milk Products (E) Eggs (Mu) Mustard (Cl)
Celery (Sul) Sulphur Dioxide (L) Lupin (F) Fish
(Mo) Molluscs (Cr) Crustaceans (So) Soya (Se)
Sesame (Gw) Gluten Wheat (Gb) Gluten Barley (Gr)
Gluten Rye (Go) Gluten Oats (Al) Almonds (Bz)
Brazil Nut (Ch) Cashew (Mc) Macadamia Nut (P)
Peanuts (Wn) Walnuts (Ps) Pistachio Nut (Pc)
Pecan Nut (Hn) Hazelnut (Agf) Ask Gluten Free (Gf)
Gluten Free (Vg) Vegetarian (Vo) Vegan (Avo) Ask
Vegan

Snacks & Small Plates

Soup of the day | **Agf Cl D Sul Vg Gw Go So Se Avo**
Smoked & Roasted Almonds | **Al Gf Vo**
Marinated Italian Olives | **Sul Gf Vo**
Greenspan Mussels Rockefeller | **Mo Mu D Gw Gb Sul So**
Charred Flat Bread | **Gw D Sul So Se Vg**
Ardsallagh goat's cheese in filo | **D Gw Mu Sul Vg E**
Yellow fin tuna | **F Sul Mu Gf So Se**
Gambas prawns & pimiento brochette | **Cr Al D Sul Gf**
Fried chicken | **So Mu E Sul D Gw Gb**
Grilled Halloumi salad | **Mu D Sul Gf Vg**
Skeaghanore duck salad | **Mu Sul D Gf Cl**

Breads, Buns & Rolls

All served with dressed salad leaves & skinny fries
Warm Ruben ciabatta | **Gw So Sul Mu E D Agf**
MET bar toasted sandwich | **Gw Mu So Sul D Agf**
Chicken Caesar wrap | **Gw So Sul E Mu D F**

Large Plates

Venison rump | **Gw D Cl Sul So Agf Se**
Wild Atlantic Cod | **F D Sul So Se Gf**
Seared Chili tempeh | **So Cl Sul Gf Vo**
Irish Hereford beef burger | **Gw E So D Sul Mu Cl Agf**
Chicken supreme "bourguignon" | **Sul D Mu Cl Gf**
Gnocchi with peanut rayu | **Gw E D Pn So Se Sul Vg**
Gnocchi with spinach, mushroom & pesto | **Gw E D So Se Sul Vg**

Add Prawns | **Cr, D**

From the Grill

12OZ PORK TOMAHAWK | **Gw D Agf Sul**
8 OZ SWORDFISH STEAK | **Gw F Agf Sul D**
10 OZ HEREFORD SIRLOIN STEAK | **Gw D Agf Sul**
Peppercorn Sauce | **D Cl Sul Gf**
Bloody Mary Ketchup | **Sul Cl Mu Gb So**
Garlic Butter | **D Gf**

Sides

Garlic & Parmesan Sourdough Baguette | **D Gw So Sul**
Seasonal Vegetables with Irish Salted Butter | **D Gf**
Baby Mixed Leaf Salad with Elderflower Dressing | **Sul Mu Gf**
Skinny French Fries with Truffle Mayonnaise | **Gw Sul D E Mu Agf**
Crispy Roast Potatoes with a Chimichurri Salsa | **Gw Sul D Agf**

Desserts

Blackcurrant and Ginger Delice | **Hn D Sul Gf**
Coconut & Mango Posset | **Sul Vo Gf**
Dark Chocolate marquise | **E D Al Sul Gf**
Warm Spiced Apple & Croissant Pudding | **Gw E D Sul**
Vanilla Crème Brulée | **Gw E D Agf Sul**
Cork Cheese Platter | **D E Go Gw Mu Se Sul So**

Drink

Americano / Barry's tea / Herbal tea | **D**
Cappuccino / latte | **D**
West Cork Irish coffee | **D**
Baileys hot chocolate | **D**