



## **ALLERGENS MENU SPRING 2025**

"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

### **Starters**

Ardsallagh, goat's cheese in filo | D Gw Mu Sul Gf Vg  
E

Chicken wings | So Mu E Sul D Gw Gb

Daily chef's soup with brown bread | D AGf Sul Gw  
Go So

Buffalo arancini | E Al Sul Gw D Mu Vg

Monkfish scallopini | F D Sul Gf Mu Hn

Charred scallops | Mo Cr F D Mu Gf

### **Breads, Buns & Rolls**

All served with dressed salad leaves & skinny fries |  
Mu Sul Agf

MET bar toasted sandwich | Gw Mu So Sul D Agf

Chicken Caesar wrap | Gw So Sul E Mu D F

Monkfish taco | F Gw Sul E Mu So

### **Salads**

Roasted squash | Sul Mu Vg Gf

Cesar salad | Sul Gw E Mu D

Add Prawns | Cr

Add grilled halloumi | D

### **Main Courses**

Venison rump | D Cl Sul So Agf

Wild Atlantic Cod | F D Sul So Se Gf

Seared Chili tempeh | So Cl Sul Gf Vo Se Pn Nuts

Irish Hereford beef burger | Gw E So D Sul Mu Cl Agf

Chicken supreme "bourguignon" | Sul D Mu Cl Gf

12OZ PORK TOMAHAWK | D Agf Sul

SWORDFISH STEAK | F Agf Sul D

8 OZ HEREFORD SIRLOIN STEAK | D Agf Sul

Peppercorn Sauce | D Cl Sul Gf

Blue Cheese Sauce | D Mu Cl Sul Gf

Garlic Butter | D Gf

### **Sides**

Seasonal Vegetables with Irish Salted Butter | D Agf

Baby Mixed Leaf Salad with Elderflower Dressing |  
Sul Mu Gf

Skinny French Fries with Truffle Mayonnaise | Sul D  
E Mu Agf

Crispy Roast Potatoes with a Chimichurri Salsa | Sul  
D Agf

### **Desserts**

Rhubarb Delice | Hn D Sul Gw Al Agf

Pineapple cake | Sul Vo Gw So

Dark Chocolate fondant | E D Al Sul Gw

Crème Brulée | E D Gw Sul Hn Gw Agf

Cork Cheese Platter | D Gr Gw Mu Se Sul So

### **Allergen Labels:**

(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