

A La Carte Menu

Starters

HOMEMADE SOUP OF THE DAY **V** €7.00
served with fresh soda bread, please ask your server for details
(contains: 1 - wheat, 7, 9)

OYSTERHAVEN BAY CREAMY SEAFOOD CHOWDER €11.50
homemade guinness bread
(contains: 1 - wheat, 2, 4, 7, 9, 12, 14)

ROCKPOOL FISHCAKE €12.50
mixed leaf salad & tartare sauce
(contains: 1 - wheat, 2, 3, 4, 7, 12, 14)

“ROARINGWATER BAY” MUSSELS €12.50
white wine, shallots and garlic cream sauce, lemon, garlic bread
(contains: 1 - wheat, 7, 14)

DUCK LIVER PARFAIT €10.50
selection of bread, homemade marmalade
(contains: 1 - wheat, 6, 7, 12)

THAI STYLE CHICKEN WINGS €11.50
(contains: 6, 12, 14)

DUCK EMPANADAS €12.50
vietnamese mayo & mixed leaf salad
(contains: 1, 3, 4, 7)

POACHED PEAR €10.50
red wine, goats cheese & basil mousse, crispy parma ham, drizzle of honey
(contains: 6, 7, 12)

Mains

CHEF'S CATCH OF THE DAY €29.50
pesto rosso mashed potato, carrot caramel glazed baby carrots, black garlic & rosemary sauce
(contains: 2, 4, 7, 14)

SALMON WELLINGTON €27.00
crispy seaweed, blanched asparagus & fennel velouté
(contains: 1 - wheat, 3, 4, 7, 14)

CHICKEN SUPREME €25.00
char-grilled vegetables, baba ghanoush, colcannon mash, chicken & tarragon jus
(contains: 4, 8)

GRILLED 100Z SIRLOIN STEAK €38.00

duck fat potato pave, mushroom, slow cooked cherry tomato, jameson pepper sauce or black garlic and chilli butter (origin of beef - Ireland)
(contains: 4, 7, 10, 12)

THAI RED CHICKEN CURRY €24.50
coriander rice, homemade flat bread
vegan option available with tofu
prawn option available: ADD €3.00
(contains: 1 - wheat)

DAHL **V** €21.50
jeera rice, homemade flat bread
(contains: 1 - wheat)

KINSALE BEER BATTERED FISH & CHIPS €19.00
mint smoked garden pea puree, tartare sauce & lemon
(contains: 1 - wheat, 2, 3, 4, 12, 14)

ROCKPOOL 100Z BURGER €19.50
streaky bacon, chilli cheddar cheese, house green mayo, lettuce, beef tomato, cornichons & red onion on glazed brioche bun with hand cut fries
(origin of beef - Ireland)
(contains: 1 - wheat, 3, 7, 10, 12)

8 HOURS BRAISED BEEF €28.50
roasted celeriac risotto, crispy bacon, basil oil
(origin of beef - Ireland)
(contains: 7, 9)

LAMB SHANK €25.00
creamy polenta, gremolata, charred asparagus & aromatic jus
(contains: 7)

Sides

HAND CUT SKIN ON CHIPS	€4.50
SWEET POTATO FRIES	€4.50
BEER BATTERED ONION RINGS	€4.50
BABY MIXED LEAF SALAD	€3.50
TENDER STEM BROCCOLI	€4.50
GARLIC BREAD	€3.50
GARLIC BREAD WITH CHEESE	€4.50

V VEGETARIAN
***** CAN BE MADE COELIAC FRIENDLY ON REQUEST

ALLERGEN INDEX:	8. NUTS
1. CEREALS CONTAINING GLUTEN	9. CELERY (CELERIAC)
2. CRUSTACEANS	10. MUSTARD
3. EGGS	11. SESAME SEEDS
4. FISH	12. SULPHUR DIOXIDE & SULPHITES
5. PEANUTS	13. LUPINS
6. SOYBEAN (AND PRODUCTS OF)	14. MOLLUSCS
7. MILK (DAIRY)	