

LUNCH MENU

Starters & Light Bites

HOMEMADE SOUP OF THE DAY €5.95
Served with fresh soda bread (Please ask your server)
1,7,9

GARLIC BREAD CIABATTA **V** €5.50
WITH CHEESE €6.50
1,7,10

ARANCINI OF MOZZARELLA & SUNBLUSHED TOMATO **V** €6.50
With light salad & spicy tomato salsa
1, 3, 7, 9, 10

ARDSALLAGH GOATS CHEESE BRUSCHETTA **V** €7.00
"Ardsallagh" Goats Cheese Bruschetta on sourdough with basil pesto, sundried tomato & rocket leaf
1,7,8,10

ROCKPOOL BUFFALO CHICKEN WINGS .. €7.50
Rockpool hot sauce, celery & crozier
blue cheese dip 7,9,10

ROCKPOOL TOASTED SPECIAL €9.95
On brown or white bread, baked ham, beef tomato, Irish cheddar & red onion with hand cut fries and dressed, baby leaf salad **GLUTEN FREE OPTION AVAILABLE**
1,7,9,10

RUSTIC SOURDOUGH TOASTED BLT SANDWICH €11.95
Irish bacon, beef tomato and baby leaves on toasted sourdough with home cut chips 1,7,9,10

OYSTERHAVEN BAY OPEN SEAFOOD SANDWICH €12.50
On homemade brown soda bread, with smoked salmon, prawn marie rose & crab **GLUTEN FREE OPTION AVAILABLE**
1, 2, 3, 4,7, 10

OLD HEAD CREAMY SEAFOOD CHOWDER €9.95
Served with homemade soda bread 1,2,4,7,9,14

CLASSIC CHICKEN LIVER PARFAIT €7.95
Fruity chutney & ciabatta crostini 1,3,7,10,12

KINSALE BAY MUSSELS €11.95
In white wine seafood cream sauce, garlic bread
Add Fries ~ €3.50
1, 7, 14

BUTTERMILK CAJUN CHICKEN SALAD ... €9.95
Lightly spiced crispy chicken strips, baby leaf, pomegranate, toasted seeds, crispy baby potato
1,7,9,10

SUPERFOOD SALAD **V** €10.95
Mixed leaves, quinoa, pomegranate, feta, garden peas, beetroot & mixed seeds
1,7,10

"WILD ATLANTIC WAY" POTATO FISHCAKE €9.95
Saffron aioli, baby leaf, lemon
1, 3, 4, 7, 10

Mains

ANGUS 8OZ BEEF BURGER €18.00
Brioche bun, ballymaloe relish, smoked applewood cheese, lettuce, onion & ripe tomato 1,7,12,10

KINSALE PRAWN LINGUINE €23.95
In a cream & bacon sauce, garlic ciabatta, rocket & parmesan 1,2,3,7

OYSTERHAVEN BAY FISH & CHIPS €18.00
Kinsale ale batter, handcut chips, minted mushy peas, tartare & lemon 1,3,4,7

ROCKPOOL CREAMY PRAWN & SEAFOOD PIE €17.95
With samphire & herbs topped with perfect mash
2,4,7,9,14

8OZ CHARGRILLED ANGUS STEAK SANDWICH €24.95
On rustic sourdough with braised field mushrooms, beef tomato, rocket & parmesan & homecut chips 1,7,10

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V - VEGETARIAN



KINSALE
HOTEL & SPA



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www.kinsalehotelandspa.ie