

LUNCH MENU

Starters & Light Bites

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

GRILLED CHEESE & TUNA MELT **COA** €8.75
On Rustic Sourdough with dill mayo, spring onion &
pickled cucumber, baby leaf salad
1,3,4,7,9,10,12

BLUEBELL FALLS GOATS
CHEESE BRUSCHETTA **V** €8.95
"Bluebell falls" Goats Cheese Bruschetta on sourdough
with basil pesto, sundried tomato & rocket leaf
1,7,8,10

ROCKPOOL BUFFALO
CHICKEN WINGS **CF** €9.50
Rockpool hot sauce, celery & crozier blue cheese dip
7,9,10

ROCKPOOL TOASTED SPECIAL **COA** ... €10.95
On brown or white bread, baked ham, beef tomato,
Irish cheddar & red onion with hand cut fries and
dressed, baby leaf salad
1,7,9,10

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

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

WARM CHICKEN SALAD **CF** €11.95
Lightly spiced chicken strips, baby leaf, pomegranate,
toasted seeds, crispy baby potato 7,9,10,

SUPERFOOD SALAD **V** €10.95
Mixed leaves, quinoa, pomegranate, feta,
garden peas, beetroot & mixed seeds 1,7,10
ADD CHICKEN - €2.00 | GRILLED PRAWNS - €5.00

CEASAR SALAD **COA** €9.95
Creamy ceasar dressing, bacon, parmesan, rustic
croutons & west cork black pudding crumb 1,3,4,7,10
ADD CHICKEN - €2.00 | GRILLED PRAWNS - €5.00

Mains

ANGUS BEEF BURGER **COA** €18.00
Brioche bun, ballymaloe relish, smoked bacon, Irish
red cheddar lettuce, onion, beef tomato 1,7,12,10

KINSALE BAY MUSSELS **COA** €11.95
In white wine seafood cream sauce, garlic bread
Add Fries ~ €3.95
1,7,14

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

Desserts ALL €5.50

ICE CREAM SUNDAE OF THE DAY **COA**
Please ask your server for details
Contains 1(wheat), 3, 7, 8(almond), 6

STICKY TOFFEE PUDDING
With caramel sauce & vanilla ice cream
Contains 1(wheat),3,8,7,6

WHITE CHOCOLATE RASPBERRY SEMI FREDDO **CF**
Raspberry, meringue kisses
Contains 3,7

VANILLA CRÈME BRULEE **COA**
Shortbread biscuit
Contains 1(wheat), 3, 7

NEW YORK STYLE CHEESE CAKE
Hazelnut biscuit base, lemon curd
Contains 1(wheat), 3, 7, 8(almond, hazelnut)

WARM CHOCOLATE & HAZELNUT BROWNIE
With chocolate sauce & chocolate ice cream
Contains 1(wheat), 3, 8(hazelnut)



KINSALE
HOTEL & SPA

CF COELIAC FRIENDLY **V** VEGETARIAN **COA** COELIAC OPTIONS AVAILABLE

PLEASE NOTIFY YOUR SERVER IF YOU SUFFER FROM A FOOD ALLERGY

ALLERGEN INDEX

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