

# LUNCH MENU

## STARTERS / LIGHT BITES

### Homemade Soup of the Day \* v

served with fresh soda bread  
please ask server for details  
(contains: 1-wheat, 7, 9) (V) €6.50

### Steamed "Roaringwater Bay" Mussels \*

white wine cream sauce, crusty  
garlic bread, lemon  
(contains: 1-wheat, 7, 12, 14) €12.50

### "Bluebell Falls" Goats Cheese Basil Mousse

red wine poached pears, honey  
drizzle, crisp prosciutto  
(contains: 7, 12) €11.50

### Old Head Creamy Seafood Chowder \*

served with homemade  
Guinness soda bread  
(contains: 1-wheat, 2, 4, 7, 9, 12,  
14) €10.50



KINSALE  
HOTEL & SPA

## SALADS / SANDWICHES

### Rockpool Toasted Special \*

baked ham, cheddar, beef tomato & red onion on brown or white  
Cuthberts Pezo  
(contains: 1-wheat, 7, 10) €11.50

### Oysterhaven Open Seafood Sandwich \*

smoked salmon, prawns in marie rose sauce, served on housemade  
Guinness soda bread, served with baby leaf  
(contains: 1-wheat, 2, 3, 4, 7, 10) €13.00

### Tossed Warm Chicken & Bacon Salad

sweet chilli sautéed chicken pieces, bacon lardons, baby leaves, crispy  
potato cubes  
(contains: 6, 9, 10, 12) €12.50

### Classic Tossed Caesar Salad \*

crisp baby gem, creamy Caesar dressing, bacon lardons, rustic  
croutons, parmesan  
(contains: 1-wheat, 3, 4, 7, 10, 12) €10.50  
add grilled chicken €4.00  
add tiger prawns €6.00

## MAINS

### 10oz "McCarthy's" Prime Irish Beef Burger \*

brioche bun, house burger sauce, smoked bacon, Jack Mc  
Carthy black pudding, house pickle, smoked cheddar, gem  
lettuce, beef tomato, red onion, served with hand cut chunky  
fries  
(contains: 1-wheat, 3, 7, 10, 12) €18.50

### Kinsale Beer Battered Fish & Chips

"Kinsale Ale" batter, hand cut chips, mushy peas, tartare &  
lemon  
(contains: 1-wheat, 3, 4, 7, 12) €19.00

## SIDES

Hand Cut Skin on Chips	€4.50	Creamed Potato	€4.50
Rocket & Parmesan Salad	€3.50	Baby Mixed Leaf Salad	€3.50
Seasonal Vegetables	€4.50	Garlic Bread	€3.50
Beer Battered Onion Rings	€4.50	Garlic Bread with Cheese	€4.50

### \* CAN BE MADE COELIAC FRIENDLY ON REQUEST

- |                              |                                 |
|------------------------------|---------------------------------|
| 1. Cereals containing gluten | 8. Nuts                         |
| 2. Crustaceans               | 9. Celery (celeriac)            |
| 3. Eggs                      | 10. Mustard                     |
| 4. Fish                      | 11. Sesame seeds                |
| 5. Peanuts                   | 12. Sulphur dioxide & sulphites |
| 6. Soybean (and products of) | 13. Lupins                      |
| 7. Milk (dairy)              | 14. Molluscs                    |