

# LUNCH MENU

## Starters & Light Bites

**HOMEMADE SOUP OF THE DAY** **V** **\*** .. €6.00  
Served with homemade Guinness bread - ask your server  
contains 1,7,9

**CORNFLAKE CRUMBED WILD ATLANTIC CRAB CAKE** ..... €12.50  
House made chilli jam, toum, baby leaf  
contains 1,3,4,2,7

**BLUEBELL FALLS GOATS CHEESE SALAD** **V** **\*\*** ..... €10.95  
With blueberry, watercress, walnuts, sherry vinegar dressing  
contains 7,10,12,8

**CRISPY SPICED CHICKEN WINGS OR CAULIFLOWER WINGS** ..... €10.50  
Soy & Honey glaze with sesame, mixed leaf salad  
contains 6,11,10

**ROCKPOOL TOASTED SPECIAL** ..... €10.95  
On brown or white bread, baked ham, beef tomato, Irish cheddar & red onion with hand cut fries and dressed, baby leaf salad  
contains 1,7,9,10,12

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

**OLD HEAD CREAMY SEAFOOD CHOWDER** **\*** ..... €9.95  
Served with homemade Guinness bread  
contains 1,2,4,14,7,9

**WARM CHICKEN SALAD** **\*\*** ..... €11.95  
Lightly spiced chicken strips, baby leaf, pomegranate, toasted seeds, crispy potato  
contains 6,9,10

**CLASSIC CAESAR SALAD** **\*** ..... €9.95  
Crisp baby gem, smoked bacon lardons, parmesan, Rustic croutons & creamy Caesar dressing  
ADD CHICKEN - €3.00 | GRILLED PRAWNS - €6.00  
contains 1,3,4,7,10,12

**VEGAN SALAD** **V** **\*\*** ..... €10.95  
Mixed leaves, quinoa, pomegranate, stem broccoli, fine beans, cauliflower florets, garden peas, beetroot & mixed seeds, honey mustard dressing  
ADD CHICKEN - €3.00 | GRILLED PRAWNS - €6.00  
contains 10

**V** - VEGETARIAN    **\*\*** - COELIAC FRIENDLY  
**\*** - CAN BE MADE COELIAC FRIENDLY



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## Mains

**ANGUS BEEF BURGER** **\*** ..... €18.00  
Brioche bun, Ballymaloe relish, smoked bacon, Irish cheddar cheese, lettuce, onion ring & ripe beef tomato served with hand cut chunky fries  
contains 1,3,7,9,10,12

**OYSTERHAVEN BAY MUSSELS** **V** **\*** .... €11.95  
Rustic spicy tomato ragu, crusty garlic bread, lemon  
contains 1,7,3,9,10

**OYSTERHAVEN BAY BEER BATTERED FISH & CHIPS** ..... €18.50  
Kinsale ale batter, hand cut chips, mushy peas, tartare & lemon  
contains 1,3,4,7

**OPEN FACE ROCKPOOL STEAK SANDWICH** **\*** ..... €18.00  
6oz Sirloin steak, onion rings, ripe beef tomato and watercress on toasted sourdough with home cut fries  
contains 1,7,10

## Sides

- HAND CUT SKIN ON CHIPS ..... €4.00 **\*\***  
CREAMED POTATO ..... €4.00 **\*\***  
ROCKET & PARMESAN SALAD ..... €3.00  
BABY MIXED LEAF SALAD ..... €3.00  
SWEET POTATO FRIES ..... €4.00 **\*\***  
ROASTED ROOT VEGETABLE ..... €4.00 **\*\***  
BEER BATTERED ONION RINGS ..... €4.00  
GARLIC BREAD .. €3.50 W/CHEESE .. €4.00  
MUSHY PEAS ..... €3.50 **\*\***

## Desserts

..... ALL €7.50

**SELECTION OF ICE CREAMS** **\***  
In a sundae glass with cream & toppings  
contains 1,3,7,8,6,13

**KINSALE HOTEL SIGNATURE CRÈME BRULEE** **\***  
Shortbread biscuit - SEE YOUR SERVER  
contains 1,3,7

**WARM STICKY TOFFEE PUDDING**  
Caramel sauce, salted caramel ice cream  
contains 1,3,7,8,6,13

**WARM CHOCOLATE & HAZELNUT BROWNIE** **\***  
With chocolate sauce & vanilla ice cream  
contains 1,3,8,7,13

**WARM APPLE & BLACKBERRY CRUMBLE**  
With raspberry sorbet  
contains 1,3,8,7

**CHOCOLATE ALMOND COCONUT MOUSSE** **V**  
With fresh raspberries & raspberry coulis  
contains 8



KINSALE  
HOTEL & SPA

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