

# Lunch Menu

## Starters & Light Bites

**HOMEMADE SOUP OF THE DAY** €7.50

*served with fresh soda bread, please ask your server for details*

(contains: 1 - wheat, 7, 9) **V** \*

**“ROARINGWATER BAY” MUSSELS** €12.50

*white wine, shallots and garlic cream sauce, chips, lemon*

(contains: 1 - wheat, 7, 14) \*

**OLD HEAD CREAMY SEAFOOD CHOWDER** €12.00

*served with homemade soda bread*

(contains: 1 - wheat, 2, 4, 7, 9, 12, 14) \*

## Salads & Sandwiches

**GOATS CHEESE SALAD** €12.00

*house dressing, crispy parma ham, basil oil, honey*

(contains: 1 - wheat, 2, 5, 8, 11) **V**

**ROCKPOOL TOASTED SPECIAL** €12.50

*baked ham, cheddar, beef tomato & red onion on white sourdough bread*

(contains: 1 - wheat, 7, 10) \*

**SPICY CHICKEN WRAP** €14.50

*served with chips*

(contains: 1 - wheat, 3, 7, 10, 12)

**OYSTERHAVEN OPEN SEAFOOD** €17.00

**SANDWICH**

*on homemade brown soda bread, with smoked salmon, prawn, marie rose & leaf*

(contains: 1 - wheat, 2, 4, 7, 10) \*

**CROQUE MONSIEUR** €16.00

*baked ham, emmental cheese, gruyere cheese sauce, side salad, chips*

(contains: 1 - wheat, 3, 7, 10, 12)

**KINSALE BEER BATTERED** €19.00

**FISH & CHIPS**

*mint smoked garden pea puree, tartare & lemon*

(contains: 1 - wheat, 2, 3, 4, 12, 14)

**STEAK SANDWICH** €20.00

*sauteed onions, provolone cheese, horseradish mayo, salad, chips*

(contains: 1 - wheat, 7)

## Sides

**HAND CUT SKIN ON CHIPS** €5.00

**BEER BATTERED ONION RINGS** €5.00

**BABY MIXED LEAF SALAD** €4.00

**GARLIC BREAD** €4.00

**GARLIC BREAD WITH CHEESE** €4.50

## Desserts

**SELECTION OF ICE CREAMS WITH** €8.50

**CREAM & TOPPINGS**

(contains: 1, 3, 6, 7, 8, 13) \*

**KINSALE GARDEN** €9.00

*selection of ice creams & baileys cream*

(contains: 1, 3, 6, 7, 8, 13)

**VEGAN CHOCOLATE ALMOND COCONUT** €9.50

**MOUSSE**

*with fresh raspberries & raspberry coulis*

(contains: 8) \*

**COFFEE & TOAST** €9.50

*cappuccino brownie, homemade bread & butter ice*

*cream, white chocolate soil*

(contains: 1, 3, 7)



CAN BE MADE COELIAC FRIENDLY ON REQUEST



VEGETARIAN

### 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