

SAMPLE 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) €6.50

"Roaringwater Bay"
Mussels *

white wine, shallots and garlic
cream sauce, chips, lemon
(contains: 1-wheat, 7, 14) €12.50

Old Head Creamy
Seafood Chowder *

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



KINSALE
HOTEL & SPA

SALADS / SANDWICHES

Arabic Chickpeas & Bulger Wheat Salad

served with garlic flat bread, tahini dressing and mint yogurt
(contains: 1 - wheat, 7) * v €12.00

Asian Glass Noodles Salad v

served with Thai dressing & vegetables
add:
chicken €4.00
prawns €6.00
tofu €3.00
(contains: 1 - wheat, 2, 5, 8, 11) €11.50

Oysterhaven Open Seafood Sandwich *

on homemade brown soda bread, with smoked salmon, prawn, marie
rose and baby leaf
(contains: 1 - wheat, 2, 3, 4, 7, 10) €13.00

Coronation Chicken Croissant

lettuce, tomato, red onion
(contains: 1 - wheat, 3, 7, 10, 12) €14.50

Rockpool Toasted Special *

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

Irish Roast Beef & Kimchi Reuben Sambo *

rockpool spicy sauce, emmental cheese & lettuce
(contains: 1 - wheat, 3, 7, 10, 12) €15.50

Kinsale Beer Battered Fish & Chips

mint smoked garden pea puree, tartare & lemon
(contains: 1 - wheat, 2, 3, 4, 12, 14) €19.00

SIDES

Hand Cut Skin on Chips	€4.50	Baby Mixed Leaf Salad	€3.50
Beer Battered Onion Rings	€4.50	Garlic Bread	€4.00
		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