

LIGHT BITES

HOMEMADE SOUP OF THE DAY €8.95

served with our seeded house soda bread
(contains: 1, 3, 7, 14, 17)

GLENMAR SEAFOOD CHOWDER €16.00

salmon, hake, haddock, dublin bay prawns, mussels and clams in a white wine and lobster infused cream sauce, served with a homemade dill scone
(contains: 1, 2, 3, 4, 7, 14, 17, 19)

ROCKPOOL CHICKEN WINGS €14.50

tossed in a choice of frank's hot sauce or bbq sauce, served with blue cheese dip
(contains: 1, 3, 7, 14, 15, 17)

GOLDEN FRIED FISHCAKE €14.50

served with pea salsa and sweet chilli mayonnaise
(contains: 1, 2, 3, 4, 7, 15, 17)

MAIN PORTION €27.00

SLOW BRAISED BBQ PORK RIBS €14.50

served with pickled red onions & toasted sesame seeds
(contains: 7, 14, 16, 17)

MAIN PORTION €27.00

SALADS / HEALTHY OPTIONS

CHICKEN / PRAWN CAESAR SALAD

CHICKEN €18.00 PRAWN €19.00

crisp baby gem lettuce in homemade caesar dressing with grilled chicken/prawn, garlic & herb croutons, crispy bacon and parmesan shavings
(contains: 1, 2, 3, 4, 7, 15, 17)

WARM BEEF SALAD €21.50

Beef fillet with mixed leaves, sautéed red onions, baby potatoes, blue cheese, balsamic dressing and blue cheese crisps
(contains: 7, 15, 17)

GOLDEN FRIED GOATS CHEESE SALAD €18.50

served with caramelized red onion, rocket, candied walnuts, honey & balsamic dressing
(contains: 1, 3, 7, 15, 17)

SANDWICHES

ROCKPOOL TOASTED SPECIAL €15.00

toasted pezo pan, with home cooked honey & mustard glazed gammon, mature cheddar, red onion & beef tomato, served with house salad & fries
(contains: 1, 3, 7, 15, 17)

served until 5pm daily

OPEN SEAFOOD SANDWICH €15.00

homemade seeded soda bread topped with glenmar prawn & smoked salmon in marie rose sauce, lemon gel, served with house salad & fries
(contains: 1, 2, 3, 4, 7, 15, 17)

served until 5pm daily

ROCKPOOL STEAK SANDWICH €25.00

grilled mc carthy's beef fillet, sautéed mushrooms & onions in a toasted ciabatta topped with truffle mayonnaise, fries & brandy pepper sauce, served medium or well done
(contains: 1, 3, 7, 15, 17)

MAINS

FRANKS HOT SAUCE BUTTERMILK CHICKEN BURGER €22.00

golden fried buttermilk chicken burger, topped with franks hot sauce, served on a toasted floury bap, with baby gem lettuce, tomato & blue cheese mayonnaise, served with salad & fries
(contains: 1, 3, 7, 15, 17)

HOMEMADE BEEF BURGER €23.00

8 ounce beef burger on a toasted floury bap, with homemade burger sauce, onion rings, baby gem, beef tomato, smoked streaky bacon, red cheddar, fries & coleslaw
(contains: 1, 3, 7, 15, 16, 17)

ROCKPOOL FISH & CHIPS €21.00

beer battered glenmar haddock, served with pea puree & tartar sauce
(contains: 1, 3, 4, 7, 15, 17)

HOMEMADE RED MAKINI CURRY €25.00

curried roasted vegetables in red makini sauce, topped with lime yogurt & fresh coriander, served with basmati rice

choose from vegetarian / chicken
Add prawn - €2 supplement
(contains: 2, 7, 9, 14, 17)

ATLANTIC SEAFOOD TAGLIATELLE €24.00

with prawns, mussels, salmon, clams & cod in a prawn bisque cream topped with permesan shavings

(contains: 1, 2, 3, 7, 17)

PIZZA MENU

HAND STRETCHED 12" PIZZAS WITH ROASTED TOMATO SAUCE. GLUTEN FREE OPTIONS AVAILABLE, ASK SERVER FOR DETAILS

CLASSIC MARGHERITA €16.00

with tomato sauce and mozzarella cheese
(contains: 1, 7, 17)

PEPPERONI PIZZA €18.50

with tomato sauce, mozzarella cheese, sliced pepperoni, smoked paprika & chilli
(contains: 1, 7, 17)

HAWAIIAN PIZZA €18.50

with tomato sauce, mozzarella cheese, slow braised ham hock & pineapple salsa
(contains: 1, 7, 17)

GOATS CHEESE PIZZA €20.00

with tomato sauce, mozzarella, goats cheese, honey & rocket
(contains: 1, 7, 17)

CAJUN CHICKEN PIZZA €19.00

with tomato sauce, mozzarella cheese, peri peri chicken, red onion & bell pepper
(contains: 1, 7, 17)

SIDES

HOUSE FRIES €5.50

(contains: 1, 17)

SWEET POTATO FRIES €5.50

(contains: 1, 17)

SIDE SALAD €5.50

(contains: 15, 17)

CHAMP POTATOES €5.50

(contains: 7, 17)

GARLIC SOURDOUGH BREAD €6.00

(contains: 1, 7, 17)

DESSERTS

ICE CREAM SELECTION €12.00

bourbon vanilla, strawberry & chocolate ice cream served with chantilly cream, strawberries and wafer topping
(contains: 1, 3, 7, 17)

HOMEMADE CHOCOLATE BROWNIE €12.00

served with pecan crumble, caramel sauce & vanilla bean ice cream
(contains: 1, 3, 7, 12, 17)

SEASONAL BERRY MERINGUE ROULADE €12.00

(contains: 3, 7, 17)

BISCOFF VANILLA BAKED CHEESECAKE €13.00

served with salted caramel sauce & caramel popcorn
(contains: 1, 3, 7, 17)

BANOFFEE PIE €12.00

with roasted hazelnuts, digestive crumb, dulce de leche, fresh banana & chantilly cream
(contains: 1, 3, 7, 10, 17)

HOT DRINKS

AMERICANO €4.00

CAPPUCCINO €4.50

DOUBLE ESPRESSO €4.00

ESPRESSO €3.00

FLAT WHITE €4.10

LATTE €4.50

HOT CHOCOLATE €3.70

TEA €3.50

Allergen Index:

- 1. Cereals containing gluten
- 2. Crustaceans
- 3. Eggs
- 4. Fish
- 5. Peanuts
- 6. Soybean (and products of)
- 7. Milk (Dairy)
- 8. Almond
- 9. Cashew
- 10. Hazelnut

- 11. Pistachio
- 12. Pecan
- 13. Walnut
- 14. Celery
- 15. Mustard
- 16. Sesame Seeds
- 17. Sulphur Dioxide and Sulphates
- 18. Lupin
- 19. Molluscs