

Lunch

Available 12pm to 5pm

Light Bites

Breads and Dips	€5(S), €6(L)
Sun-dried tomatoes, pesto, olive oil, hummus (AGF, V)	
Seafood Chowder.	€6.50(S), €12(L)
Local seafood, brown soda bread (AGF)	
Seasonal Soup.	€5
Changing daily, house baked breads (AGF)	
Chicken Wings	€6(S), €11(L)
House marinade, fresh chillies, sesame, blue cheese dip (GF)	
Selection of Artisan Cheese.	€8(S), €14(L)
Chutney, Crackers (AGF, V)	

Mighty Salads

Caesar Salad	€7(S), €12(L)
Chicken, bacon, parmesan, soft boiled egg, croutons (AGF)	
Wild Atlantic Way Salad	€8.50(S), €14(L)
Shrimps, crab, smoked salmon, grapefruit, pine nuts (GF)	
Buddha Bowl	€7(S), €12(L)
Quinoa, chickpeas, roasted sweet potato, spicy tahini dressing (GF, VN) (add chicken €2)	

Doorstep Sandwiches

Served with a salad & gluten free chips on home-baked bread or in wrap (GF available)

Glazed ham, tomato chutney, cheddar	€5.50
Smoked salmon, lemon cream cheese, red onions	€6.50
Caesar club, chicken, bacon, cheddar, cos, caesar dressing	€6.00
Prime roast beef, caramelised onions, cheddar, mixed leaves.	€6.50
Hot roast sandwich of the day	€7.50

Speciality Sandwiches

Served with sweet potato wedges and salad

Castletownbere Crab Meat	€11.50
Brown bread, herb mayonnaise, pickles (AGF)	
Middle Eastern Feast Pitta	€9.50
Hummus, falafel, caramelised red onions, Bluebell goats cheese (AGF, V)	
Classic Croque Monsieur	€9.50
French classic sandwich with ham, cheese and a béchamel sauce	

Hot Stuff

Roaring Water Bay Mussels	€6.50(S), €11(L)
Roasted Red Pepper Marmalade, Chorizo Cream, Fresh Parsley (AGF)	
Bangers and Mash	€8.50(S), €14.50(L)
Avril's pork and black pudding sausages, caramelised onion jus	
Crisp Battered Fish	€9.50(S), €15.50(L)
Crushed peas, tartare sauce, lemon, home cut chips	
Ever changing Roast	€9.50(S), €12.95(L)
Celeriac and Mushroom Fondue, Green Asparagus, Fondant Potato	
Freshly Baked Quiche of the Day	€9.50
Changing daily, sweet potato wedges, red cabbage slaw	
Catch Of The Day	€9.50(S), €12.95(L)
Spiced barley and pea casserole, kale crisps and herb oil (AGF)	

Sides

Chunky Chips	€2.95
Green Salad	€2.95
Red Cabbage Slaw	€2.95
Nutmeg Potatoes	€2.95
Sweet Potato Wedges	€2.95

Our Local Food Heroes :
Seafood Deli, Rosscarbery Recipe, O'Driscolls Butcher, Macroom Buffalo Dairy, Cape Clear Greens, Clona Dairy, Gubbeen Cheese, West Cork Eggs, Mc Carthy's Butcher

GF - Gluten Free, AGF - Ask Gluten Free, VN - Vegan, V - Vegetarian