

## STARTERS

- 1. CHEF'S SOUP OF THE DAY** €4.00  
Please ask your Server for details.  
Served with oven fresh ciabatta and extra virgin olive oil. (Allergens 1, 4, 8)
- 2. MIXED BRUSCHETTA** €5.00  
A selection of four individual slices of crispy Italian bread with the following toppings: Fresh tomato and basil, garlic and mozzarella cheese, tomatoes and anchovies, strips of Heffernan's dry-aged fillet steak in a mustard and white wine sauce. (Allergens 1, 4, 7, 10, 12)
- 3. DEEP FRIED BRIE** €5.50  
Lightly coated, crisped brie served with a fruit jelly. (Allergens 1, 3, 7, 12)
- 4. ITALIAN POTATO SKINS** €5.50  
With parmesan and mozzarella cheese, bacon and a delicious garlic aioli dip. (Allergens 3, 7, 10)
- 5. FUNGHI IMPANATI** €5.00  
Deep fried breaded mushrooms served with a side salad and a garlic mayo dip. (Allergens 7, 8, 12)
- 6. CROSTINI VEGETARIANI** €5.00  
Platter of toasted breads with our own home made pesto of black olive, basil, almond, pine nut, artichoke and spicy sun dried tomato. (Allergens 1, 3, 8)
- 7. A DUO OF IRISH GOATS CHEESE AND BLACK PUDDING** €6.50  
Killeen's Irish goat's cheese with roast peppers and apple, wrapped in puff pastry with Sean Kelly's award winning black pudding, drizzled with a hint of chilli oil and served with green leaves and juicy pomegranate. (Allergens 1, 2, 12)
- 8. GAMBERONI BRANDY** €8.50  
King prawns in a brandy, chili and fresh tomato sauce. (Allergens 1, 12, 14)
- 9. PEPATE DI COZZE** €7.00  
Fresh local mussels in a garlic, parsley, rich tomato and white wine sauce. (Allergens 1, 12, 14)
- 10. CALAMARI PROVENZALE** €7.00  
Rings of calamari in a garlic, chilli and basil infused tomato and white wine sauce. (Allergens 7, 8)
- 11. SALMONE AFFUMICATO CON CAPPERI E CAPRINO** €7.50  
Smoked Atlantic salmon with goat's cheese and Sicilian capers. (Allergens 1, 2, 12)

## SALADS

- 12. INSALATA CAPRESE** €6.50  
Vine ripened sliced tomato with buffalo mozzarella served on a bed of fresh rocket. (Allergens 1, 3, 7, 10)
- 13. INSALATA DEL PASTORE** €6.50  
Mixed leaves, William's pear, walnuts, goats cheese and an Irish honey dressing. (Allergens 1, 3, 4, 7, 10)
- 14. CAESAR SALAD** €8.50  
Crisp lettuce, warm breast of Irish chicken, crisp homemade croutons, drizzled with our own homemade caesar dressing and topped with parmesan shavings. (Allergens 1, 10, 14)
- 15. INSALATA GAMBERI** €10.50  
Fresh shrimps served on a bed of rocket leaves with marinated tomatoes, roasted pine nuts and shavings of parmesan cheese, dressed with a reduction of balsamic vinegar (Allergens 1, 3, 7)

## PASTA

- 16. PENNE ALL' ARABIATA** €8.00  
Fresh penne pasta in a garlic, fresh chilli and tomato sauce. (Allergens 1, 3, 7, 12)
- 17. TAGLIATELLE ALLA CARBONARA** €9.50  
Fresh tagliatelle pasta with Heffernan's home-cured bacon lardons in a rich parmesan cream sauce. (Allergens 1, 3, 7, 12)
- 18. PENNE ALL' AMATRICIANA** €9.50  
Fresh penne pasta with Heffernan's home-cured bacon lardons and sautéed onions in a rich tomato sauce. (Allergens 1, 3, 7, 12)

- 19. LINGUINE ALLA BOLOGNESE** €9.00  
Fresh linguine pasta in a homemade Italian bolognese sauce. (Allergens 1, 12)
- 20. TAGLIATELLE POLLO** €9.50  
Fresh tagliatelle pasta with diced breast of Irish chicken, garlic and fresh chilli in a rich tomato sauce. (Allergens 1, 3, 7)
- 21. PENNE DELLA CASA** €11.50  
Fresh penne pasta with oven roasted, Irish chicken breast, crisp broccoli, fresh chilli and homemade green and red pesto in a parmesan cream sauce. (Allergens 1, 7)
- 22. PENNE MARE E MONTE** €12.00  
Fresh penne pasta with shrimps cooked in a light mushroom and garlic cream sauce. (Allergens 1, 2, 4, 12, 14)
- 23. LINGUINE AI FRUTTI DI MARE** €15.50  
Fresh linguine pasta with prawns, mussels, calamari and fresh crab in a garlic, white wine and tomato sauce. (Allergens 1, 2, 4, 12, 14)
- 24. TAGLIATELLE FUNGHI CON POLLO** €11.50  
Fresh tagliatelle pasta with diced breast of Irish chicken and forest mushroom in a cream and garlic sauce. (Allergens 1, 3, 7)
- 25. LASAGNE DELLA CASA** €11.50  
Traditional, homemade Italian lasagne made with Heffernan's beef, served with crispy hand-cut chips and a mixed leaf salad. (Allergens 1, 3, 7, 10, 12)
- 26. PENNE VEGETARIANA** €10.00  
Fresh penne pasta with seasonal mixed vegetables in a rich tomato and garlic sauce. (Allergens 1, 12)
- 27. RAVIOLI ALLA PANCETTA** €12.00  
Traditional Italian ravioli stuffed with Heffernan's prime beef, in a home-cured bacon, forest mushroom and cream sauce. (Allergens 1, 3, 7)
- 28. RAVIOLI ALLA BOLOGNESE** €12.00  
Traditional Italian ravioli stuffed with Heffernan's prime beef in a bolognese sauce. (Allergens 1, 3, 7, 10)
- 29. RAVIOLI VEGETARIANA** €11.00  
Ravioli stuffed with ricotta cheese and spinach with mushrooms, courgettes, aubergine, sweet peppers, homemade green and red pesto in a parmesan cream sauce. (Allergens 1, 3, 7, 12)

## RISOTTO

- 30. RISOTTO VEGETARIANA** €12.50  
Slow-cooked carnaroli rice with mushrooms, courgettes, aubergines and peppers in a in a light touch tomato and parmesan cheese sauce. (Allergens 7, 12)
- 31. RISOTTO CALAMARI PISELLI** €14.50  
Slow-cooked carnaroli rice with calamari, crab meat, petit pois, chilli and garlic. (Allergens 1, 3, 7, 10)
- 32. RISOTTO POLLO E FUNGHI** €13.00  
Slow-cooked carnaroli rice with breast of Irish chicken, garlic, forest mushroom and parmesan cheese. (Allergens 7, 12)

## CHICKEN

- 33. POLLO ALLA GRIGLIA** €13.00  
Grilled breast of Irish chicken served with oven roasted potatoes and a mixed leaf salad. (Allergens 3, 7, 10)
- 34. POLLO FUNGHI** €14.00  
Tender breast of Irish chicken in a creamy garlic and mushroom sauce, served with oven roasted potatoes and mixed leaf salad. (Allergens 3, 7, 10)
- 35. POLLO MASCARPONE** €14.00  
Pan fried breast of Irish chicken cooked in a cherry tomato and basil infused mascarpone cream sauce, served with oven baked rosemary potatoes and a mixed leaf salad. (Allergens 1, 2, 3, 7)
- 36. POLLO RIPIENO** €14.00  
Tender breast of Irish chicken stuffed with mixed vegetables, wrapped in Heffernan's home-cured bacon, served with roast potatoes and a mixed leaf salad. (Allergens 1, 3, 7, 10)

- 37. POLLO ALLA MILANESE** €14.00  
Breast of Irish chicken coated in bread crumbs topped with fresh diced tomatoes marinated in basil and extra virgin olive oil on a bed of rocket leaves served with oven roasted potatoes and a mixed salad. (Allergens 1, 12)

## DUCK

- 38. ANATRA DELLO CHEF** €18.50  
Breast of free range Irish duck, served with creamy mashed potato, fresh garlic, baby spinach and a fresh mango sauce. (Allergens 7, 12)

## LAMB

- 39. COSTOLETTE DI AGNELLO** €19.00  
Heffernan's grilled lamb cutlets with new potatoes, fresh mint served with a wild forest mushroom sauce. (Allergens 1, 3, 10, 12)

## BEEF

- 40. SIRLOIN STEAK** €19.50  
Dry aged beef from Heffernan's Butchery cooked to your liking, served with oven roast rosemary potatoes, mixed salad and your choice of the following sauces: (Allergens 3, 7, 10)  
Al Pepe Verde: Fresh cream and green peppercorns (Allergens 1, 7, 12)  
Al Funghi Porcini: Fresh cream and wild mushrooms (Allergens 1, 7, 12)  
Al Borolo: Bacon, mushroom and Barolo red wine (Allergens 1, 12)  
Traditional garlic butter (Allergens 7)
- 41. HEFFERNAN'S MAN STEAK** €21.00  
"Intended for Men but also enjoyed by Women" A melt in your mouth, real rib-eye steak. Dry aged beef from Heffernan's Butchery cooked to your liking served with oven roast rosemary potatoes, mixed salad and your choice of the following sauces: (Allergens 3, 7, 10)  
Al Pepe Verde: Fresh cream and green peppercorns (Allergens 1, 7, 12)  
Al Funghi Porcini: Fresh cream and wild mushrooms (Allergens 1, 7, 12)  
Al Borolo: Bacon, mushroom and Barolo red wine (Allergens 1, 12)  
Traditional garlic butter (Allergens 7)
- 42. FILLET STEAK** €22.00  
Dry aged beef from Heffernan's Butchery, cooked to your liking, served with oven roast rosemary potatoes, mixed salad and your choice of the following sauces: (Allergens 3, 7, 10)  
Al Pepe Verde: Fresh cream and green peppercorns (Allergens 1, 7, 12)  
Al Funghi Porcini: Fresh cream and wild mushrooms (Allergens 1, 7, 12)  
Al Borolo: Bacon, mushroom and Barolo red wine (Allergens 1, 12)  
Traditional garlic butter (Allergens 7)

- 43. OUR BUTCHER'S CHOICE OF THE DAY**  
Ask for details or check out our board. Enjoy what the expert recommends. It doesn't get any better. Hand-picked by Anthony from his own butchery downstairs.

- 44. TAGLIATA DI VITELLO** €21.50  
Dry aged beef from Heffernan's Butchery - a succulent 10oz. sirloin steak, cooked to your liking, cut in strips and served on a bed of fresh rocket and cherry tomatoes, topped with parmesan shavings and rosemary butter. Served with oven roast potatoes and a mixed leaf salad. (Allergens 3, 7, 10)

- 45. HEFFERNAN'S CLASSIC BEEF BURGER** €13.50  
Heffernan's 10oz. beef burger, fully dressed with Dubliner's mature cheddar, smoky bacon, lettuce, tomato, red onion, served with chef's homemade sauce, hand-cut chips and side salad. (Allergens 1, 3, 7, 10)

- 46. ITALIAN BEEF BURGER** €14.50  
Heffernan's 10oz. beef burger served with crisp lettuce, beef tomato, Buffalo Mozzarella, Parma ham, green pesto, hand-cut chips and side salad. (Allergens 1, 3, 7, 10)

## FISH

- 47. SALMONE ALL ZAFFERANO** €19.50  
Locally sourced fillet of salmon with saffron, basil and cherry tomato sauce served with buttered vegetables. (Allergens 1, 7, 12)

- 48. SALMONE DELLO CHEF** €20.00  
Locally sourced fillet of salmon with a tiger prawn, vine tomato and fresh lemon zest served with parmesan risotto. (Allergens 2, 4, 7, 12)



**49. BRANZINO AL GAMBERI €21.00**

Pan fried fillet of sea bass served on a bed of crisp green peas topped with fresh prawns and a pepper mousse. (Allergens 2, 4, 7, 12)

**50. BRANZINO DELLO CHEF €21.00**

Pan fried sea bass on a bed of fresh spinach and pasta topped with crab meat, mixed peppers and onions in a garlic and white wine sauce. (Allergens 1, 4, 12, 14)

**51. SOGLIOLA ALL GAMBERI €20.00**

King prawns wrapped in lemon sole drizzled with an asparagus cream mousse served with baby spinach and new potatoes. (Allergens 2, 4, 7, 12)

**52. SOGLIOLA ALL SICILIANA €21.50**

Lemon sole, mussels, calamari, crab, chilli, courgettes, garlic and cherry tomatoes in a white wine sauce served with baby carrots and new potatoes. (Allergens 2, 4, 12, 14)

**HOMEMADE PIZZA**

Our Pizzas are authentic Italian – thin crispy base. Prepared fresh using real Italian hand-made pizza dough and our chef's own tomato sauce recipe using well ripened, plum tomatoes.

**53. FOCACCIA €3.00**

Thin and crispy home-made pizza base with extra virgin olive oil, garlic and fresh rosemary. (Allergens 1)

**54. FOCACCIA WITH MOZZARELLA CHEESE €4.00**

Thin and crispy home-made pizza base with extra virgin olive oil, garlic and fresh rosemary and mozzarella Cheese. (Allergens 1, 7)

**55. MARGHERITA €8.50**

Tomato sauce topped with mozzarella cheese. (Allergens 1, 7)

**56. DIAVOLA €9.50**

Tomato sauce topped with mozzarella cheese, pepperoni, onion and chilli. (Allergens 1, 7)

**57. HAWAII €9.50**

Tomato sauce topped with mozzarella cheese, ham and pineapple. (Allergens 1, 7)

**58. PROSCIUTTO FUNGHI €9.50**

Tomato sauce topped with mozzarella cheese, mushrooms and ham. (Allergens 1, 7)

**59. VEGETERIANA €9.00**

Tomato sauce topped with mozzarella cheese, mushrooms, olives, peppers, onions and sweetcorn. (Allergens 1, 7)

**60. QUATTRO FORMAGGI €11.00**

Tomato sauce topped with four cheeses. (Allergens 1, 7)

**61. FIORENTINA €11.00**

Tomato sauce topped with mozzarella cheese, chicken, spinach, mushrooms, garlic and egg. (Allergens 1, 7)

**62. CALZONE €11.00**

Folded pizza with tomato sauce, mozzarella cheese, ham, pepperoni and mushroom. (Allergens 1, 7)

**63. HEFFERNAN'S MEAT LOVER'S PIZZA €12.00**

Tomato sauce topped with mozzarella cheese, chicken, bacon, pepperoni and ham. (Allergens 1, 7)

**64. PIZZA DEL MARE €12.00**

Tomato sauce topped with mozzarella cheese, calamari, small prawns, capers, mussels and garlic. (Allergens 1, 7)

**65. PIZZA DI PARMA €11.00**

Tomato sauce topped with mozzarella cheese, Parma ham, rocket and parmesan shavings. (Allergens 1, 7)

**66. QUATTRO STAGIONI €10.50**

Tomato sauce topped with mozzarella cheese, anchovies, artichokes, ham, mushroom and peppers. (Allergens 1, 7)

**67. PIZZA DELLA CASA €10.50**

Tomato sauce topped with mozzarella cheese, spinach, black olives, and goat's cheese. (Allergens 1, 7)

**68. PIZZA NAPOLI €10.00**

Tomato sauce topped with mozzarella cheese, capers, olives, anchovies and oregano. (Allergens 1, 7)

**69. PIZZA FATTORIA €10.50**

Tomato sauce topped with mozzarella cheese, chicken, mushroom, olives, garlic and rosemary. (Allergens 1, 7)

**EXTRA TOPPINGS:** Seafood /Meat/Parma Ham €1.50

**ALL OTHER TOPPINGS:** €1.00

**SIDE ORDERS**

**70. HAND CUT CHIPS €3.00**

**71. BABY BOILED POTATOES €2.50**

**72. SIDE SALAD €2.50**

Mixed leaves, onions, peppers and cherry tomatoes (Allergens 1, 3, 7, 8, 12)

**73. OVEN BAKED ROSEMARY POTATOES (Allergens 7) €3.00**

**74. MASHED POTATOES (Allergens 7) €3.00**

**75. MIXED VEGETABLES (Allergens 7) €3.00**

**DESSERT**

**76. TIRAMISU €4.50**

A rich and creamy coffee infused Italian delight. (Allergens 1, 3, 7, 8, 12)

**77. NEW YORK ORIGINAL CHEESECAKE €4.50**

Our simple and exquisite baked cheesecake with fresh raspberries. (Allergens 1, 3, 7, 8, 12)

**78. MOUSSE DI CIOCCOLATO €4.50**

Delicately flavoured Italian chocolate mousse. (Allergens 1, 3, 7, 8, 12)

**79. PANNA COTTA €4.50**

Traditional Italian creamy panna cotta with a berry compote. (Allergens 1, 7, 8)

**80. WARM CHOCOLATE BROWNIE €4.50**

Deliciously rich chocolate brownie served with Italian ice-cream. (Allergens 1, 3, 7, 8)

**ALLERGENS**

(1) Wheat, (2) Crustacean, (3) Eggs, (4) Fish, (5) Peanut, (6) Soyabean,  
(7) Milk & Milk Products, (8) Nuts, (9) Celery, (10) Mustard, (11) Sesame Seeds,  
(12) Sulphur Dioxide and Sulphites, (13) Lupin, (14) Molluscs.

**MESSAGE FROM OUR HEAD CHEF**

*"All our food is cooked fresh to order and therefore you may need to allow a little extra time, Particularly at busy times. For those of you, who prefer your red meat well done, please allow an additional 15mins, approx."*

**heifer + hen****R E S T A U R A N T**

4 Market Square, Ballina, Co. Mayo.

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**heifer + hen****R E S T A U R A N T****TAKE AWAY MENU**

TUESDAY - SATURDAY: 5PM - 10PM

SUNDAY: 1PM - 10PM

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