

GLUTEN FREE MENU



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APPETIZERS

FRESH SOUP OF THE DAY €5.50
ABBEY TAVERN HOWTH CHOWDER €9.50
TWICE COOKED BBQ WINGS €9.00

SMOKED SALMON SALAD €11.50
ABBEY TAVERN PRAWN COCKTAIL €12.50
CLASSIC CHICKEN CAESAR SALAD €11.50

LOCAL SEAFOOD

OUR FRESH SEAFOOD IS SOURCED EXCLUSIVELY FROM SELECTED LOCAL SUPPLIERS IN THE HARBOUR OF HOWTH.

TRADITIONAL FISH & CHIPS €15.50

PAN FRIED FRESH NORTH ATLANTIC COD, MUSHY PEAS,
HOUSE TARTARE SAUCE.

FISHERMANS PLATTER €22.50

POACHED SALMON, CRAB MAYONNAISE, TIGER PRAWNS,
SMOKED SALMON, ANCHOVY SALAD, ROLL MOP, DILL
CRÈME FRAÎCHE, MARIE ROSE & COCKTAIL SAUCES.

FISHERMANS PIE €15.50

SMOKED HADDOCK, SALMON & COLEY, CREAMY
VEGETABLE VELOUTÉ, MASHED POTATO TOPPING.

BAKED DARNE OF SALMON €15.50

BAKED DARNE OF FRESH SALMON, CREAMED POTATOES,
SEASONAL VEGETABLE GARNISH,
LEMON DILL SAUCE.

ABBEY TAVERN PRAWN SCAMPI €19.50

SUCCULENT PRAWNS COOKED IN GLUTEN FREE FLOUR & CIDER BATTER, SALAD GARNISH, FRENCH
FRIED POTATOES, HOMEMADE SWEET CHILI SALSA, HOUSE TARTARE SAUCE.

FROM THE GRILL

OUR 28 DAY AGED IRISH STEAKS ARE HAND SELECTED FOR US BY RAY COLLIER OF HOWTH WHO SUSTAINABLY SOURCES THEM FROM
GRASS FED HERDS OF CATTLE FROM FARMS WITHIN THE LEINSTER REGION.

8OZ 28 DAY AGED SIRLOIN STEAK €19.50

THE OPTIMUM CUT OF BEEF FOR FLAVOUR & TENDERNESS

6OZ 28 DAY AGED PETIT FILLET €24.00

A SMALLER PORTION OF OUR MOST TENDER CUT OF BEEF

8OZ 28 DAY AGED FILET MIGNON €28.00

THE MOST TENDER CUT OF BEEF

OUR PRIME IRISH STEAKS ARE SERVED WITH TEELINGS
WHISKEY PEPPERCORN SAUCE OR GARLIC BUTTER AND A
CHOICE OF CREAMED POTATOES OR FRENCH FRIED POTATOES.

GOURMET BACON CHEESE BURGER €15.50

PRIME LEAN IRISH BEEF BURGER, VINTAGE CHEDDAR
CHEESE, CRISPY BACON, PICKLES, BEEF TOMATO, ONION,
LETTUCE ON TOASTED GLUTEN FREE BUN. FRENCH FRIED
POTATOES & A SIDE OF COLESLAW.

CAJUN CHICKEN BURGER €15.50

BUTTERFLIED BREAST OF IRISH CHICKEN, CAJUN SPICES,
CRISPY BACON, BEEF TOMATO, LETTUCE & MAYONNAISE
ON TOASTED GLUTEN FREE BUN. FRENCH FRIED
POTATOES & A SIDE OF COLESLAW.

TRADITIONAL DISHES

CORNED BEEF & CABBAGE €15.50

ONE OF OUR SIGNATURE DISHES...CLASSIC CORNED
IRISH BEEF, GREEN CABBAGE, CREAMED POTATOES,
PARSLEY SAUCE & MUSTARD.

CHICKEN CURRY €15.50

MILD & CREAMY CURRY, BASMATI RICE, CRISPY
POPPADOM, MINT RAITA & MANGO CHUTNEY.

FLUFFY THREE EGG OMELETTE €13.50

CHOICE OF THREE FILLINGS - CHEESE, TOMATO, RED
ONION, HAM, MUSHROOMS, SPRING ONION.

PASTA & VEGETARIAN

BASIL & SPINACH PASTA €14.00

GLUTEN FREE PENNE IN BASIL & SPINACH CREAM SAUCE.
PARMESAN SHAVINGS AND A GARNISH OF GARLIC BREAD.
SUITABLE FOR VEGETARIANS.

PASTA ARRIBBIATA €13.00

GLUTEN FREE PENNE, SPICY ARRIBBIATA SAUCE,
PARMESAN SHAVINGS, GARLIC BREAD GARNISH.

VEGAN VEGETABLE CURRY €13.00

SAUTÉED SEASONAL VEGETABLES, MILD CURRY SAUCE,
BASMATI RICE, MANGO CHUTNEY.

GLUTEN FREE MENU

FRENCH FRIED POTATOES €3.50
MASHED POTATOES €3.50
CHAMP SPRING ONION MASH €3.50
COLCANNON MASH €3.50

GLUTEN FREE MENU

SEASONAL VEGETABLES €3.50
HOUSE SIDE SALAD €3.50
SWEET POTATO FRIES €4.50
BEER BATTERED ONION RINGS €3.50

SIDE DISHES

YOUNG GUESTS

FRESH COD GOUJONS €7.50

FRESH NORTH ATLANTIC COD IN GLUTEN FREE FLOUR BATTER. CHOICE OF FRENCH FRIES, MASHED POTATO OR HOUSE SALAD.

SALMON PASTA €7.50

GLUTEN FREE PENNE PASTA & FRESH SALMON TOSSED IN CREAMY VEGETABLE SAUCE.

JUNIOR GOURMET BURGER €7.50

PRIME LEAN IRISH BEEF BURGER. SERVED PLAIN OR WITH CHEESE ON A GLUTEN FREE BUN WITH A SIDE OF FRIES.

PASTA MARINARA €7.50

GLUTEN FREE PENNE PASTA TOSSED IN TOMATO MARINARA SAUCE.

DESSERTS

GLUTEN FREE CHOCOLATE CAKE €6.00

HOMEMADE CHOCOLATE ALMOND CAKE, VANILLA BEAN ICE CREAM AND FRESH CREAM.

ETON MESS €6.00

FRESH STRAWBERRIES, CRUSHED MERINGUE & CHANTILLY CREAM MIXED IN A GLORIOUS MESS.

FRESH FRUIT SALAD €6.00

WATERMELON, ORANGE, PINEAPPLE, GRAPES, STRAWBERRIES AND APPLE IN A SUGAR SYRUP.

SELECTION OF ICE CREAM €5.50

CHOICE OF THREE SCOOPS: VANILLA BEAN, STRAWBERRY, CHOCOLATE & MINT.

HOT BEVERAGES

TEAS & INFUSIONS

IRISH BREAKFAST TEA €2.60
EARL GREY TEA €3.00
PEPPERMINT TEA €3.00
CAMOMILE TEA €3.00
GREEN TEA €3.00
PU-ERH TEA €3.00
LEMON & GINGER TEA €3.00
DECAFFEINATED TEA €3.00

COFFEES

AMERICANO €2.60
CAPPUCCINO €2.70
LATTE €2.70
MOCHA €3.00
ESPRESSO €2.20
MACCHIATO €2.60
FLAT WHITE €2.60
DECAFFEINATED €3.00

HOT DRINKS

IRISH COFFEE €6.00
HOT WHISKEY €5.60
BAILEYS COFFEE €6.00
FRENCH COFFEE €6.00
CALYPSO COFFEE €6.00
CARIBBEAN COFFEE €6.00
HOT PORT €5.10
HOT CHOCOLATE €3.00

MENU INFORMATION

FOOD ALLERGENS: WE KINDLY REQUEST OUR GUESTS TO PLEASE INFORM US OF ANY FOOD ALLERGENS THEY MAY HAVE WHICH WE SHOULD BE MADE AWARE OF. A COPY OF OUR MENUS FOOD ALLERGENS LIST IS AVAILABLE UPON REQUEST.

ORIGIN OF BEEF: ALL OF THE BEEF WE SERVE IS OF IRISH ORIGIN AND IS FULLY TRACEABLE FROM FARM TO FORK.

THANK YOU FOR VISITING THE ABBEY TAVERN

PLEASE RATE YOUR EXPERIENCE WITH US ON TRIPADVISOR. PLANNING A CELEBRATION?.....ASK US ABOUT OUR ELEGANT FUNCTION SPACES OR ARRANGE AN APPOINTMENT WITH OUR EVENT CO-ORDINATOR. FOLLOW US ON FACEBOOK, TWITTER & INSTAGRAM

THE ABBEY TAVERN. 28 ABBEY STREET, HOWTH, CO.DUBLIN P: +353 1 839 0307 W: WWW.ABBEYTAVERN.IE E: INFO@ABBNEYTAVERN.IE