

Cois Locha Restaurant Menu

Starters

Melon with tropical sorbet

watermelon, galia & honeydew,
serrano ham & blackberry & cardamon reduction (GF)

Goats' Cheese, Pear & Walnut(7,8)

Rocket, pear & walnut dressed with olive oil & sea salt,
beetroot glaze & chargrilled |goats cheese

Prawn & Chorizo (1,2,4,7,12) (AGF)

Sauté prawn & chorizo, cherry tomato & garlic sauce,
served with toasted garlic bread

Homemade Soup of the day (1,3,7,10,11,12) (AGF)

With freshly baked bread

Grilled Portobello mushroom (7,9,12) (GF)

With beef tomato, mozzarella cheese, sweet pepper & tomato sauce & basil oil

Warm Smoked Chicken Salad with Sundried Tomatoes & Crispy Bacon(10,12)

Honey & Mustard dressed salad leaves

Mains

Grilled Hereford 10oz Sirloin steak (GF) (Supplement €7.95)

(1,6,7,10,12)

with garlic creamed potatoes, tempura onion rings, peppercorn sauce

Oven Roasted Chicken Supreme (7,9,12) (GF)

Garlic Mash & wild mushroom cream.

Pan seared fillet of Salmon (2,4,6,7,9,12,14)

with seared garlic prawns & sauce Vierge

Slow oven roasted pork belly (1,6,7,12) (AGF)

apple puree, red wine reduction, on puree potato & crispy onion

Crispy boneless half roast duck (7,12) (GF)

braised red cabbage orange & Cointreau reduction

Chickpea, Potato & Spinach Curry

Poppadom basket & basmati rice (1,7,8,9) (AGF)

Baked fillet of hake

Served with mushroom and asparagus risotto with fresh parmesan (2,4,7,10,12,14)

Desserts

Homemade cheesecake (1,3,7,8)

Please ask your server for today's flavour

Warm Apple & cinnamon crumble (1,3,7,8,12)

Crème anglaise & vanilla ice cream

Banoffee pie (1,3,7,8)

Fresh bananas, Chantilly cream & toffee on a biscuit base, butterscotch sauce

Strawberry Mille Feuille (1,3,7,8)

puff pastry, strawberries & cream

Strawberry & ginger crème Brulee (1,3,7,8) (AGF)

With shortbread biscuits

Trio of Ice- Creams (1,3,7,8) AGF

in a chocolate wafer basket, with butterscotch sauce

Warm Chocolate Brownie (1,3,7,8)

Vanilla ice-cream & chocolate sauce

Tea or Coffee

€24.00 Mains only tea / coffee

€36.00 Mains and dessert / starter & tea / coffee

€45.00 Starter / mains / dessert & tea / coffee

Please ask to see our extensive Cocktail menu

- *Some products are produced alongside nuts / nut oil so we cannot guarantee no trace.*
- *GF/AGF; If you are coeliac, highlighted dishes are Gluten Free / Available Gluten Free*
- *A range of other dishes can be prepared without gluten with minor adjustments so please inform your server. All soups, chowders, sauces are gluten free.*
- *Please ask your server to see our wine list supplied by Findlater wines.*
- *Please ask your server for our Vegan menu.*
- *All our breads & desserts are made in the hotel by our pastry team.*
- *All of our beef is Irish Hereford & sourced locally in ABP Nenagh and can be fully traced from farm to fork.*

ALLERGENS: 1=cereals containing gluten, 2= crustaceans, 3=eggs, 4=fish, 5= peanuts, 6= soya, 7= milk, 8 =nuts, 9= celery/celeriac, 10 =mustard, 11= sesame seeds, 12= Sulphur dioxide (sulphites), 13= lupin, 14= mollusc

