



Sample Lunch Menu

Homemade Vegetable Soup

Garlic Bread Croutons, Bread Roll
(Contains 1-3-7-9)

Chicken & Mushroom Vol au Vent

Savoury Pastry Casing, Creamy White Wine, Shallot & Tarragon Sauce
(Contains 1-3-7-9-10-12)

Coldwater Shrimp & Crab Meat

Marie Rose Sauce, Avocado Pear
(Contains 1-2-3-7-10-12-14)

Sliced Roast Sirloin of Irish Beef

Garlic Shallot Confit, Balsamic Red Wine Reduction
(Contains 1-3-7-9-10-12)

Supreme of Irish Chicken

With Peppered Mushroom Sauce
(Contains 7-12)

Pan Fried Fillet of Salmon

Orange, Pepper & Dill, White Wine Cream Sauce
(Contains 4-7-12)

Poached Spinach & Ricotta Tortelloni

Vine Tomatoes, Mediterranean Vegetable Fondue, Garlic Bread
(Contains 1-3-7)

All served with Fresh Market Vegetables & Potatoes

Something Sweet

(Contains 1-3-5-7-8)

Apple Crumble, Mini Meringue Nest Berry Compote,
Dark Chocolate Profiterole
Bailey's Cheesecake

Served with a choice of Fine Blend Tea or Freshly Brewed Coffee

Foods Containing:

1= Gluten 2= Crustaceans 3= Eggs 4= Fish 5= Peanuts 6= Soybeans 7= Dairy
8= Nuts 9= Celery 10= Mustard 11= Sesame Seeds 12= Sulphur dioxide & Sulphite
13= Lupins 14= Molluscs