

grain & grill

BAR & RESTAURANT

Lunch Menu

Served Monday-Friday 12.00pm – 2.30pm

Starters & Light Bites

Soup of the day €3.50 (cup) €4.50 (bowl)

Served with homemade Guinness brown bread

6 (wheat, barley), 7, 8, 9, 12

Irish fish chowder €4.50 (cup) €6.50 (bowl)

*Rich & creamy soup with mixed fish and vegetables,
served with homemade Guinness brown bread*

3 (cod, salmon) 6 (wheat), 7, 8, 12

'As you wish sandwich' €4.50

Available on white or brown bread, New York bagel or tortilla wrap.

*Choose up to 4 fillings from the following: tuna mayo, egg mayo, ham,
chicken, coleslaw, lettuce, tomato, red onion, cucumber, bell peppers*

6 (wheat), 7, 8, 9, 11, 12

Soup & sandwich €6.50

Cup of soup of the day with "As you wish sandwich"

6 (wheat, barley), 7, 8, 9, 11, 12, 13

Cheesy tuna melt €6.50

*Served on a New York style bagel with tomato slices, cheddar cheese, served
with a side salad*

3 (tuna), 6 (wheat), 7, 11, 13

Caesar salad €6.50. Add chicken €8.50

Cos lettuce with bacon, parmesan, croutons and Caesar dressing

3 (anchovies), 6 (wheat), 7, 8, 9, 11

Greek salad €4.50

*Tomato, cucumber, red onion topped with feta cheese & olives
sprinkled with olive oil & lemon juice*

6 (wheat), 7

Side Orders

Chunky chips €3.50. Add Parmesan €4.00

6 (wheat), 7, 8

Mixed leaf salad €3.50

Served with homemade dressing

8, 10, 13

Golden fried onion rings..... €3.50

6 (wheat), 8, 11

Main Courses

Chicken curry€12.50

Irish chicken marinated in Tikka Masala paste, with natural homemade yoghurt served with Basmati rice

4 (peanut), 6 (wheat), 7, 8, 9, 10, 11, 12, 13

Traditional fish & chips€13.50

Irish Haddock fillet in crisp hop house 13 beer batter, gribiche sauce, caramelised lemon and twice cooked chunky chips

3 (cod), 6 (wheat), 7, 8, 9



Homemade beef lasagne€12.50

Served with side salad and chunky chips

6 (wheat), 7, 8, 9, 11, 12

Crispy brie wedges€8.50

With forest fruit sauce, served with chunky chips and side salad

6 (wheat), 7, 8, 11

Certified Irish Angus burger.....€14.50

Grilled certified Angus beef burger, served in a brioche bun with crisp lettuce, beef tomatoes, mayo and Swiss cheese. Served with twice cooked chunky chips and tomato relish

6 (wheat), 7, 8, 9, 13



Chicken fingers€12.50

With BBQ sauce, chunky chips and side salad

6 (wheat, barley), 8, 11, 12, 13

Ricotta & spinach tortellini€11.50. Add chicken €13.50

In a creamy tomato sauce topped with Parmesan cheese

6 (wheat, barley), 8, 11, 12, 13

Desserts

Selection of ice-cream€4.50

Vanilla, strawberry and chocolate ice cream served with whipped cream

7, 9

Chocolate fudge cake€5.00

6 (wheat), 7, 8, 11

Coffee and walnut cake€5.00

5 (walnut), 6 (wheat), 7, 11

Cheesecake€5.00

Vanilla Cheesecake

6 (wheat), 7, 11

Our beef, lamb and pork are from Irish origin, sourced from quality assured suppliers to ensure certified traceability from farm to fork.

