

Starter

- CHEF'S SOUP OF THE DAY**€6.50
 please ask your server
(contains allergens 6, 7)
- CLASSIC SEAFOOD CHOWDER**€9.00
 locally sourced fish in a creamy sauce, with homemade buttermilk soda bread
(contains allergens 2, 3, 7, 9, 12)
- CHICKEN CAESAR SALAD**Starter €11.50
 crispy lettuce, herb croutons Main Course €13.50
 bacon, chicken, parmesan cheese, Caesar dressing
(contains allergens 6, 11, 13)
- SPICY CAJUN CHICKEN WINGS**Starter €11.50
 with celery sticks and blue cheese dip Main Course €14.00
(contains allergens 7, 9, 12, 13)
- ROSEMARY & GARLIC BRIE WEDGES (V)**.....€9.50
 served with a mixed leaves salad and red pepper chutney
(contains allergens 6, 7, 8, 11, 13)
- GOATS CHEESE SALAD (V)**Starter €11.50
 Candied walnuts, beetroot shavings Main Course €13.50
 along with mixed baby leaves.
(contains allergens 5, 7, 11, 13)

Sandwiches

- TOASTED SPECIAL**.....€9.75
 honey baked ham, beef tomato, red onion, white cheddar
(contains allergens 5, 6, 7)
- ROAST TURKEY PANINI**€11.50
 white cheddar and red onion marmalade
(contains allergens 5, 6, 7, 9)
- CHICKEN GOUJON CAESARS WRAP**€11.50
 crispy lettuce, bacon, cheese, caesars dressing on toasted wrap
(contains allergens 6, 8, 11, 13)
- TUSCAN PANINI (V)** €11.50
 brie, red pepper chutney, rocket leaves, basil pesto
(contains allergens 6, 7, 13)
- SMOKED SALMON OPEN SANDWICH**.....€13.50
 on soda bread, with mix leaves salad, scallions, sour cream
(contains allergens 3, 6, 7, 13)

All sandwiches are served with a mixed salad and skinny chips

Pizzas

- MARGARITA (V)**€13.00
(contains allergens 6, 7, 11, 12, 14)
- PANCETTA AND PESTO**€15.00
(contains allergens 5, 6, 7, 11, 12, 14)
- MEAT FEAST**.....€16.50
(contains allergens 6, 7, 11, 12, 14)

Mains

- SILVER SPRINGS BEEF BURGER**€19.95
 served on a brioche bun with bacon, lettuce, beef tomato, cheese, relish, onion ring, chips and side salad
(contains allergens 5, 6, 7, 8, 9, 11)
- CHICKEN BURGER**€18.50
 marinated in buttermilk and coated with a house herb mix, served on a brioche bun with garlic mayonnaise, beef tomato and lettuce
(contains allergens 6, 7, 8, 11, 12, 13)
- 5oz OPEN STEAK SANDWICH**.....€18.00
 served on a garlic bread with fried onions, pepper sauce, chips and side salad
(contains allergens 5, 6, 7, 9, 12)
- FISH AND CHIPS**€18.95
 with pea puree, tartare sauce and skinny chips
(contains allergens 3, 6, 7, 11, 13)
- ROAST OF THE DAY**.....€17.50
 please ask your server
(contains allergens 7, 12)
- CHICKEN GOUJONS**.....€16.95
 with dip, chips and side salad
(contains allergens 6, 7, 8, 11, 13)
- PENNE CARBONARA**€17.00
 served with garlic bread
(contains allergens 5, 6, 7, 8, 11)
- RED THAI CURRY (V)**€17.00
 root vegetables, naan bread and rice Add Chicken €2.00
(contains allergens 5, 6, 7, 9, 12) Add Prawns €4.00 (1)
- PLANT BASED BURGER (V)**€16.00
 served on a gluten free bun, vegan cheese, lettuce, tomato, red pepper chutney
(contains allergens 8, 13)

Sides

- SKINNY FRIES**€4.00
(contains allergens 8)
- ONION RINGS**€4.00
(contains allergens 6, 8)
- CHAMP POTATOES**.....€4.00
(contains allergens 7)
- SEASONAL VEGETABLES**.....€4.50
(contains allergens 7)
- POTATO GRATIN**.....€4.50
(contains allergens 7)

ALLERGEN INDEX

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|-----------------|-------------------------------|------------------------|
| 1 - Crustaceans | 6 - Cereals containing gluten | 10 - Sesame seeds |
| 2 - Molluscs | 7 - Milk/milk products | 11 - Eggs |
| 3 - Fish | 8 - Soya | 12 - Celery & celeriac |
| 4 - Peanuts | 9 - Sulphur dioxide | 13 - Mustard |
| 5 - Nuts | | 14 - Lupins |