

STARTERS

- Hoisin BBQ Sticky Ribs** €12.00
asian slaw, peanut dressing
Contains: wheat, mustard, soy, peanut, sesame, sulphur dioxide, fish
- Spicy Louisiana Chicken Wings** €11.00/€15.00
blue cheese dressing, celery sticks
Contains: celery, eggs, wheat, mustard, sesame, soya, milk, sulphur dioxide
- Soup of the Day (V)(VE)** €7.50
homemade brown bread
Contains: wheat, celery, milk

MAINS

- Achari Chicken Curry** €20.00
basmati rice, tandoori naan, cucumber & mint raita, pickled red onion
Contains: wheat, eggs, milk, mustard, sulphur dioxide, sesame
- Chipotle Chicken Burger** €19.00
rainbow slaw, spicy mayo, avocado guacamole
Contains: wheat, milk, mustard, egg, sesame
- Tempura Battered Cod** €21.00
crushed marrowfat peas, chunky tartare sauce, skinny fries
Contains: wheat, eggs, milk, mustard, fish, sulphur dioxide

SANDWICHES

- Steak Sandwich on Ciabatta** €18.50
caramelised onion, mustard mayo, rocket
Contains: milk, wheat, mustard, sulphur dioxide
- Toasted Ham and Cheese on Grain Bread** €15.00
baked ham, swiss cheese, pickles, smoked tomato ketchup
Contains: wheat, eggs, milk, mustard, sulphur dioxide
- Roast Nduja Chicken Ciabatta** €15.00
confit garlic aioli, rocket leaves
Contains: wheat, eggs, milk, mustard, sulphur dioxide
- Tuna Mayonnaise** €14.00
pickled sweetcorn, red onion, on toasted tomato & fennel bread
Contains: wheat, eggs, milk, mustard, fish, sulphur dioxide
- Vegetable Kofta Wrap (V)(VE)** €14.00
mint chutney, pickled red onion, mixed leaves
Contains: wheat, mustard, sulphur dioxide

SALADS

- Mespil Caesar Salad** €15.00
baby gem lettuce, sourdough croutons, bacon, parmesan dressing
add warm grilled chicken €6.00
Contains: wheat, eggs, milk, mustard, sulphur dioxide, nuts
- Teriyaki Salmon** €15.00
soba noodles, avocado, beansprouts, chilli and lime dressing
Contains: wheat, soy, sesame, peanuts, fish
- Orzo Pasta Salad (V)** €15.00
basil pesto, sundried tomato, olives, grilled courgette, baby spinach, feta
add warm grilled chicken €6.00
Contains: wheat, eggs, milk, mustard, sulphur dioxide

All sandwiches served with chips or soup & mixed leaf salad

Please note any allergens with your server, we are happy to adapt dishes to cater to all dietary needs.

All our beef & chicken is 100% Irish & locally sourced