








For those guests who have dinner included in their package, you may if you wish choose from the a la Carte menu. A small supplement will be charged. Starters €3.50 Main Course € 9.50 Desserts € 3.00 Cheese € 4.50. Please note that the supplement is instead of full menu price of the dishes.

## STARTERS

<b>CHICKEN LIVER PARFAIT</b> 	€9.50
<i>Pistachios, toasted brioche, caramelised figs</i> <i>(Contains Allergen 5 pistachio, 6 wheat, 7)</i>	
<b>DONEGAL KILMORE QUAY PAN SEARER SCALLOPS</b>	€14.00
<i>Cream of leek &amp; potato, smoked bacon, white truffle oil</i> <i>(Contains Allergen 2 scallops, 7, 9, 12)</i>	
<b>MACROOM BUFFALO MOZZARELLA</b> 	€9.50
<i>Heirloom tomatoes, rocket leaves, basil oil, balsamico</i> <i>(Contains Allergen 7)</i>	
<b>BEETROOT CURED SALMON</b>	€11.00
<i>Root vegetable salad, focaccia crackers, caper berries</i> <i>(Contains Allergen 3 fish, 6 wheat, 7, 11)</i>	
<b>TIGER PRAWN &amp; WATERMELON</b> 	€11.00
<i>Sautéed, garlic &amp; chilli prawns watermelon, baby gem, toasted cashew nuts,</i> <i>fresh coriander, papaya &amp; lime dressing</i> <i>(Contains Allergen 1 prawn, 5 cashew, 7)</i>	
<b>BOILIE GOAT'S CHEESE PEARLS &amp; FENNEL SALAD</b> 	€9.50
<i>Red chard, pomegranate, cherry tomatoes, caramelized walnuts, cider dressing</i> <i>(Contains Allergen 5 walnuts, 6 wheat, 7)</i>	
<b>IGOR'S SEAFOOD CHOWDER</b>	€9.50
<i>Garlic &amp; herb croutons, parsley essence</i> <i>(Contains Allergen 2 mussels, 3 fish, 7, 8, 9, 12)</i>	
<b>HOMEMADE SOUP OF THE DAY</b> 	€6.50
<i>Please ask your server</i> <i>(Contains Allergen 7, 8, 9, 12)</i>	



Club Vitae Dish - Prepared with minimal fat content and ingredients high in energy.



Dishes offering the comforts of Home Restaurant Style.



All our Beef is of Irish origin.





### FOOD ALLERGIES & INTOLERANCES

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## MAIN COURSES

<b>BARBARY DUCK CONFIT</b>	€19.50
<i>Braised red cabbage, caramelized apples, rosemary potatoes, green peppercorn sauce</i> (Contains Allergen 6 wheat, 7, 8, 9, 12)	
<b>BLACK ANGUS BEEF BURGER</b> 	€16.00
<i>Rustic seeded pave, Cashel blue rarebit, tomatoes, baby gem, homemade burger sauce, chunky chips</i> (Contains Allergen 6 wheat, 7, 9, 13)	
<b>ROAST ATLANTIC COD</b> 	€19.95
<i>Mixed ratatouille, fennel croquets, wilted baby pak choi, lemon beurre blanc</i> (Contains Allergen 3 fish, 6 wheat, 7, 9, 11, 12)	
<b>GLIN VALLEY CHICKEN SUPREME</b> 	€17.50
<i>Honey glazed carrots, potato gratin, roast cherry tomatoes, wild mushroom cream</i> (Contains Allergen 7, 8, 9, 12)	
<b>HOP 13 BEER BATTERED FRESH HADDOCK &amp; CHIPS</b>	€17.50
<i>Dill scented tartar sauce &amp; chunky chips</i> (Contains Allergen 3 fish, 6 barley & wheat, 7, 9, 11 13)	
<b>RUMP OF WICKLOW LAMB</b> 	€24.95
<i>Goat's cheese bon bons, harissa spiced mash, salsa verde, roast cauliflower, thyme jus</i> (Contains Allergen 6 wheat, 7, 8, 9)	
<b>IRISH ANGUS BEEF FILLET</b>	€28.95
<i>Fricassee of wild mushroom, Bloody Mary plum, roast vegetables, chunky chips, red wine sauce</i> (Chef recommends medium rare) (Contains Allergen 7, 8, 9, 12)	
<b>10 oz SIRLOIN ANGUS BEEF STEAK</b>	€26.95
<i>Seasonal glazed vegetables, wild mushroom sauté, chunky chips, choose from red wine or creamy whiskey pepper sauce</i> (Contains Allergen 7, 8, 9, 12)	
<b>MUSHROOM RAVIOLI</b>	€16.00
<i>Egg pasta filled with mozzarella &amp; porcini mushrooms, sage cream, brioche crumbs, rocket leaves, shaved Parmesan</i> (Contains Allergen 6 wheat, 7, 8, 11, 14)	



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## SIDE ORDERS

HAND CUT CHIPS <small>(Contains Allergen 9)</small>	€4.50	COURGETTE TEMPURA <small>(Contains Allergen 6 barley &amp; wheat, 13)</small>	€4.50
MASHED POTATOES <small>(Contains Allergen 7, 9)</small>	€4.50	STEAMED GREENS <small>(Contains Allergen 7)</small>	€4.50
BUTTERED ONION RINGS <small>(Contains Allergen 6 barley &amp; wheat, 13)</small>	€4.50	MIXED LEAVES SALAD <small>Contains no Allergen</small>	€4.50

## DESSERTS

EATON MESS  <i>Strawberries, meringue, vanilla dairy cream, raspberry sorbet</i> <small>(Contains Allergen 7, 11)</small>	€6.50
DARK CHOCOLATE & RASPBERRY POT <i>Vanilla cream, white chocolate crumb, shortbread cookie</i> <small>(Contains Allergen 6 wheat, 7, 11)</small>	€6.50
CLASSIC CRÈME BRULEE <i>Mixed berry compote, cinnamon &amp; pistachio tuille</i> <small>(Contains Allergen 6 wheat, 7, 11)</small>	€6.50
POACHED PEAR <i>Cinnamon biscuit, caramel, vanilla ice cream</i> <small>(Contains Allergen 6 wheat, 7, 11)</small>	€6.50
DAIRY ICE CREAM <i>Choose from vanilla, strawberry or chocolate ice cream</i> <small>(Contains Allergen 7)</small>	€6.50
MIXED SORBET <i>Choose from lemon, tropical or raspberry sorbets</i> <small>(Contains no Allergen)</small>	€6.50
IRISH CHEESE SELECTION <i>West Cork Gubeen, Cashel blue, Wexford Brie, Carrigaline, rye crackers, grapes &amp; Clayton relish</i> <small>(Contains Allergen 6 barley &amp; wheat, 7, 9)</small>	€6.50

### Allergen Index

No 1 & 2 - Shellfish (type e.g. prawns or mussels), No3 - Fish, No4 - Peanuts, No5 - Nuts (specify nut), No6 - Cereal containing gluten, No7 - Milk/Milk Products, No8 - Soya, No9 - Sulphur Dioxide, No10 - Sesame seeds, No11 - Egg, No12 - Celery and Celeriac, No13 - Mustard, No14 - Lupin

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