



S W I F T S
B A R

BRUNCH

Served from 10.30 – 12.30

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| POACHED EGGS sourdough bread, avocado, peanut rayu, hollandaise sauce <i>(contains egg, gluten- wheat, sulphites, soya)</i> | 12.00 |
| WRIGHTS OF MARINO SMOKED SALMON scrambled eggs, potato boxty <i>(contains fish, eggs, milk, sulphites)</i> | 12.00 |
| BREAKFAST BAP Ballymaloe relish, Quigley's bacon rashers & sausages, fried egg <i>(contains gluten-wheat, milk, egg, sulphites)</i> | 12.00 |
| TRADITIONAL PANCAKES streaky bacon, maple syrup <i>(contains milk, egg, gluten-wheat)</i> | 10.00 |
| BANANA BREAD lemon curd, blueberry yoghurt <i>(contain milk, walnuts)</i> | 10.00 |

SANDWICHES

Served from 12.00 – 16.30

Served with Skin on Fries

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| BAKED HAM sourdough bread, baked ham, béchamel, cheddar <i>(contains gluten-wheat, milk, mustard, sulphites)</i> | 15.00 |
| CHICKEN CAESAR WRAP maple glazed streaky bacon, sauted onion <i>(contains gluten-wheat, milk, egg, fish, sulphites, mustard)</i> | 15.00 |
| WRIGHTS OF MARINO SMOKED SALMON crème fraîche, pickled red onion, Guinness bread <i>(contains fish, gluten-wheat, walnuts, sulphites, buttermilk)</i> | 15.00 |
| CLUB SANDWICH egg mayonnaise, bacon, baby gem, tomato, chicken <i>(contains sulphites, gluten- wheat, egg, mustard)</i> | 15.00 |
| GRILLED PANINI Mediterranean vegetables, halloumi, ajvar <i>(contains gluten-wheat, sesame, soya)</i> | 15.00 |

ALL DAY MENU

Served from 12.30 – 21.00

STARTERS

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| TODAY'S SOUP | 8.00 |
| bread rolls, country butter <i>(contains milk, gluten-wheat)</i> | |
| CLASSIC CAESAR SALAD | S 10.00 |
| baby gem, croutons, parmesan, L 13.00 bacon lardons, Caesar dressing <i>(contains gluten-wheat, milk, egg, fish, sulphites, mustard)</i> | |
| Add Grilled chicken | 6.00 |
| CHICKEN WINGS | S 12.00 |
| BBQ or Hot Sauce L 18.00 Cashel blue cheese, vegetable crudites <i>(contains sesame, soya, sulphites, celery)</i> | |
| ATLANTIC PRAWN PIL PIL | 18.00 |
| garlic buttered grilled sourdough <i>(contains crustaceans, gluten-wheat, milk)</i> | |
| FISH CROQUETTES | 12.00 |
| lemon garlic aioli, mix leaves <i>(contains fish, egg, gluten-wheat, sesame, milk, mustard, sulphites)</i> | |

DESSERT

€9.00

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| ETON MESS | |
| macerated strawberries, Chantilly cream, meringue <i>(Contains milk, sulphites, egg)</i> | |
| PLANT BASED CHOCOLATE FONDANT | |
| hazelnuts, vegan vanilla gelato <i>(contains soya, hazelnuts)</i> | |
| CHEESECAKE OF THE DAY | |
| <i>(contains milk, sulphites, egg)</i> | |
| PEAR & APPLE CRUMBLE TART | |
| vanilla ice-cream, crème anglaise <i>(contains gluten-wheat, milk, egg)</i> | |
| TIRAMISU | |
| boudoir biscuit, rum, mascarpone cheese <i>(contains gluten-wheat, eggs, milk, sulphite)</i> | |
| SELECTION OF ICE CREAMS – CHOOSE 3 | |
| vanilla <i>(contains milk)</i> , strawberry <i>(contains milk)</i> , chocolate <i>(contains milk, soya)</i> , salted caramel <i>(contains milk)</i> , pistachio <i>(contains milk, pistachio)</i> | |
| Served with Berry compote or Chocolate Sauce <i>(contains soya)</i> | |

"We strive to source all our ingredients seasonally and sustainably through local suppliers such as McCormack Family Farm, Farmhouse Foods, Wrights of Marino, Quigley meats, Musgraves, Keelings fruit and veg, Conatys and Millbrooks.

All our beef is of Irish origin. Our menu is printed on recycled paper and will be recycled.

"Bain taitneamh as do bhia blasta le chéile!"

DENZIL FERNANDES, EXECUTIVE HEAD CHEF

MAIN COURSE

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| SAMPHIRE BATTERED FISH OF THE DAY | 21.00 |
| pea puree, tartare sauce, lemon, skin on fries <i>(contains fish, egg, barley, mustard)</i> | |
| TURKEY BURGER | 18.00 |
| Chipotle brioche, siracha sour cream, tomato, baby gem, courgette, skin on fries <i>(contains egg, milk, gluten-wheat, sesame)</i> | |
| GRILLED PORK CHOP | 20.00 |
| sauteed green cabbage, champ potato, honey mustard sauce <i>(contains milk, sulphites, celery)</i> | |
| SEAFOOD LINGUINE | 28.00 |
| haddock, salmon, mussels, prawns, cherry tomatoes, courgette <i>(contains gluten-wheat, sulphites, milk, celery, fish, molluscs, crustaceans)</i> | |
| 8OZ BEEF BURGER | 22.00 |
| brioche bun, beef tomato, baby gem, sauteed onion, streaky bacon, matured red cheddar, skin on fries <i>(contains gluten-wheat, milk, sulphites)</i> | |
| GOAN CHICKEN CURRY | 22.00 |
| basmati rice, coriander naan, cucumber raita <i>(vegan option available)</i> <i>(contains celery, milk, gluten-wheat)</i> | |
| BRAISED BEEF FEATHER BLADE | 26.00 |
| Carrots and parsnips, creamed potato, brandy peppercorn sauce <i>(contains celery, milk, gluten-wheat, soya)</i> | |
| STIR FRIED EGG NOODLES (V) | 16.00 |
| Pak choy, carrot, scallions, bean sprouts <i>(contains gluten-wheat, egg, soya)</i> | |
| Add Tofu <i>(contains soya)</i> | 4.00 |
| Add Grilled Chicken | 6.00 |

SIDES

€4.50

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| CREAMED POTATO | |
| <i>(contains milk, sulphites)</i> | |
| SKIN ON FRIES | |
| BASMATI RICE | |
| MIXED LEAF SALAD | |
| <i>(contains sulphites)</i> | |
| TENDERSTEM BROCCOLI | |
| <i>(contains milk)</i> | |
| CARROTS & PARSNIPS | |
| <i>(contains milk)</i> | |

