

O Bar Lunch

Soup & Salads

Soup of the Day (v) <i>(see server for details)</i>	€4.00
Caesar Salad (v) <i>Cos lettuce, crisp bacon, croutons, parmesan & Caesar dressing</i>	€8.95
<i>add chicken</i>	€1.00
Cobb Salad <i>Cashel blue cheese, avocado, egg, bacon, chicken, cob dressing</i>	€9.95
Olive, Feta & Sun-dried Tomato Salad (v) <i>with balsamic dressing</i>	€7.95
Warm Goats Cheese & Baby Spinach Salad (v) <i>with cashew nuts & honey mustard dressing</i>	€8.95
Deep Fried Crispy Calamari <i>served with a baby leaf salad, sweet chilli & garlic mayo</i>	€9.95

Sandwiches

Open 3 in 1 Seafood Sandwich <i>Crab, prawn & smoked salmon on brown soda bread & lemon</i>	€10.95
B.L.T Ciabatta <i>Bacon, lettuce, & tomato in a grilled ciabatta with relish & fries</i>	€7.50
Grilled Chicken Club on Foccacia <i>Ham, Swiss cheese, mustard mayo & tomato on toasted foccacia with fries</i>	€9.50
CIAH Toasted Special <i>Ham, cheese, tomato & onion on brown or white bread served with fries</i>	€5.50

Wraps/Paninis

*Roasted veg & sun-dried tomato

*Chicken, cheddar & sweet chilli

*Bacon, tomato & cheddar

Served with a side salad

€6.00

Note: In a hurry! Take away sandwiches & soup also available please ask at the counter.
All our sandwiches can be made with Gluten free bread

Mains

Prime Irish Double Burger <i>topped with Swiss cheese, tomato, onion & served with fries & coleslaw</i>	€10.95
Beer Battered Fish n' Chips <i>with tartar sauce and a lemon wedge</i>	€10.95
Bangers & Mash <i>Pork sausages on creamy mashed potatoes with red onion gravy</i>	€10.95
Chicken & Smoked Bacon Penne <i>in a carbonara cream sauce</i>	€10.95
Salmon & Haddock Fishcake <i>served with mixed salad leaves & smoked paprika aioli</i>	€9.95
Buffalo Chicken Wings <i>spicy chicken wings served with a blue cheese dip</i>	€7.95
Vegetarian Penne Pasta (v) <i>Sun-dried tomatoes, roasted vegetables with roast tomato & basil sauce</i>	€9.95

Sides

Fries	€2.95	Garlic bread	€3.00
Garlic bread with cheese	€3.50	Mashed potato	€2.95
Market vegetables	€3.00	Mixed leaf salad	€3.50

Childrens Menu


Chicken goujons & chips

Cocktail Sausages & chips

4oz Beef burger & fries

All €6.50

Desserts



Warm Apple Pie <i>with crème anglaise</i>	€4.50
Warm Chocolate Brownie <i>with chocolate sauce vanilla ice cream & chocolate shavings</i>	€4.50
Baileys Cheesecake <i>with berry coulis & fresh cream</i>	€4.50
Warm Sticky Toffee Pudding <i>with butterscotch sauce & vanilla bean ice cream</i>	€4.50
Selection of Ice-cream <i>with berry coulis, wafers and cream</i>	€4.50
Classic Creme Brulee <i>Glazed with sugar served with almond biscotti</i>	€4.50

Gluten free Desserts

Coconut Macaroon	€3.75
Chocolate Brownie	€3.75
Chocolate Tiffin	€3.75
Carrot cake	€3.75
Fruit scone	€3.00

***Some dishes may contain nuts or nut traces, please ask your server for details**