## LUNCH MENU

### SANDWICHES

THE CLUB 14.90 Crispy smoked pancetta, chicken, egg & lettuce On Olivier's crusty sourdough

(Contains 1-wheat, 3, 6, 7, 10, 12)

THE BUFFALO CHICKEN WRAP 12.90

Chicken goujon wrap with melted cheese & buffalo sauce (Contains 1-wheat, 3, 4, 6, 7, 9, 10, 11, 12)

TOASTED SPECIAL 10.90

Home cooked and hand carved ham Mature cheddar and caramelised onion relish

(Contains 1-wheat, 3, 6, 7, 10, 12)

AVOCADO, TOMATO & PESTO 12.90

Creamy avocado, juicy tomatoes & vegan mozzarella With a layer of vegan pesto on toasted ciabatta bread (Contains 1-wheat,6,8-pine,10,12) - Vegan

THE CHICKEN CAESAR WRAP 12.90

The iNUA classic

Chicken goujons and baby gem in a soft wrap

(Contains 1-wheat, 3, 4, 6, 7, 9, 10, 11, 12)

PULLED PORK SANDWICH 14.50

Slow-cooked pulled pork in a smoky BBQ sauce Topped with coleslaw on a brioche bun (Contains 1-wheat, 3, 6, 7, 9, 10, 12)

ADD ONS

Cup of soup (Contains 7,9,12) 3.50 Bowl of soup (Contains 7,9,12) 6.00 House slaw (Contains 3,6,7,10,12) 2.50 Roasted beet and goat cheese salad 3.50 (Contains 6,7,12) - Vegan Optional

All sandwiches come with a cup of fries & salad

## SOUPS

CREAMY SOUP OF THE DAY 8.50

Made fresh daily

Please enquire with your waiter for further details

Served with fresh soda bread (Contains 1-wheat,oat,3,6,7,9,12)

THE BRASSERIE SEAFOOD CHOWDER 12.00

Cream based chowder

Salmon, white fish & mussels, served with brown bread

(Contains 1-wheat,oat,2,3,4,6,7,9,10,12,14)

## VEGAN & VEGETARIAN

**GREEN LENTIL & SWEET POTATO** 17.90 **CURRY WITH SAFFRON COCONUT RICE** 

Healthy green lentil & sweet potato curry Aromatic spices, fresh coriander & toasted cashew nuts Served with fragrant coconut & saffron basmati rice

(Contains 1-wheat,5,6,8-cashew,9,10,11,12) - Vegan

QUINOA & BLACK BEAN CHILI 15.90

Quinoa & black bean chili simmered with tomatoes Peppers, aromatic spices, fragrant coriander & lime rice Dollop of creamy avocado crema, side of corn tortilla chips (Contains 6,9,10,11) - Vegan

#### MEATS

**BEEF BURGER** 

Steak burger beef patty with melted cheese BBQ mayo in a toasted brioche

Served with seasoned fries and a side of garlic & chive dip

(Contains 1-wheat, 3, 6, 7, 10, 12)

CHICKEN SUPREME WITH 23.50 **CHESTNUT & SAGE STUFFING** 

Roasted Shannon Vale chicken supreme Wth a savoury chestnut & sage stuffing

Buttered Brussels sprouts, crisp potato gratin & rich chicken jus (Contains 1-wheat, 6, 7, 8-chestnut, 9, 10, 12)

**BEEF BOURGUIGNON** 18.50

A classic French-style beef bourguignon *Slow-cooked in red wine with onions* Carrots, mushrooms & bacon, served with buttered mash

Crusty bread for dipping (Contains 1-wheat, 6, 7, 9, 10, 12)

### SALADS

THE BRASSERIE CHICKEN CAESAR 14.50

Crisp smoky pancetta & succulent roast chicken & bacon Focaccia fingers, our creamy house Caesar dressing Tossed baby gem

Served of course with heaps of parmesan shavings

(Contains 1-wheat, 3, 4, 6, 7, 9, 10, 12)

SPICED PUMPKIN SALAD 13.00 Roasted pumpkin with mixed greens, feta cheese

Pumpkin seeds & lemon dressing

(Contains 6,9,10,12) - Vegan

## SNACKS

**IRISH CHICKEN WINGS** SM 11.90 LG 17.90

Crispy fried with a selection of sauces Buffalo, blue cheese and soy & honey Main course portion served with a cup of fries

(Contains 1-wheat, 3, 6, 7, 9, 10, 11, 12)

SPICED APPLE WEST CORK 12.50 **PUDDING CROQUETTES** 

Crispy croquettes of black pudding Spiced apple chutney and a dollop of tangy mustard aioli (Contains 1-wheat,barley,3,6,7,10,12)

WARM MUSHROOM BRUSCHETTA

Earthy flavours of organic Garryhinch wild mushrooms On toasted sourdough bread Aromatic garlic and fresh thyme, drizzle of truffle oil Black truffle salsa and creamy Bluebell Falls goat cheese (Contains 1-wheat, 6, 7, 9, 10, 12)

### PIZZA

19.00

12" HANDMADE SOURDOUGH PIZZA -

Stonebaked with our own cheese blend

MARGHERITA PIZZA 16.90

Fresh basil & mozzarella pearls (Contains 1-wheat,oat,3,6,7,9,10,12)

TRUFFLE MUSHROOM & 19.00

CHARRED CHICKEN PIZZA

A white pizza with a garlic cream base Topped with a mix of organic Garryhinch mushrooms Truffle oil, charred chicken strips, fresh mozzarella & parmesan

(Contains 1-wheat,oat,3,6,7,9,10,12)

**BUTTERNUT SQUASH** 18.50 BACON & SAGE PIZZA

A base of roasted butternut squash puree Topped with caramelised onions

Goat cheese, crispy bacon bits & fresh sage pesto (Contains 1-wheat,oat,3,6,7, 8-pinenut,9,10,12)

GARLIC SHRIMP & SPINACH 19.50

Tomato and garlic cream sauce base  $Topped\ with\ saut\'eed\ shrimp\ and\ fresh\ spinach$ Drizzle of lemon-infused olive oil and chilli flakes

(Contains 1-wheat,oat,2,3,6,7,9,10,12)

#### FISH & SEAFOOD

BEER BATTERED SOLE & **GUACAMOLE FRIES** 

22.50

8.90

Sole fillet served with avocado fries Accompanied by a tartar sauce

Roasted garlic aioli & tangy pickled red onions

(Contains 1-wheat,oat,hops, 3,4,6,7,10,12)

## SWEET CHOICES

SPICED APPLE AND 8.90 CARAMEL CUP

Layers of spiced apple compote Creamy vanilla ice cream & caramel sauce Crushed ginger crumble, topped with whipped cream & a sprinkle of cinnamon

(Contains 1-wheat, 3, 6, 7, 12)

SELECTION OF BOULABAN 8.50 ICE-CREAM

Please ask your server for today's selection

13.50

(Contains 1-wheat, 3, 6, 7, 8-variety, 12)

**BAKED CHEESECAKE** 

Red fruit compote & a generous dollop of silky Chantilly cream

(Contains 1-wheat, 3, 6, 7, 12)

SALTED CARAMEL BROWNIE 8.90

Vanilla ice cream

**VEGAN RASPBERRY FRANGIPAN TART 8.50** 

Luscious almond filling and raspberry layers Creamy vegan vanilla ice cream & raspberry textures

(Contains 1-wheat, 6, 8-almond, 12) - Vegan

# SIDE ORDERS

Truffle Parmesan Fries (Contains 3,7,10,12) 5.00 Seared Tender Stem Broccoli 5.00 with Lemon & Chili Flake Vegan

Maple Glazed Brussels Sprouts with Bacon 5.00 (Contains 12) - Vegan optional Roasted Beet and Goat Cheese Salad 5.00 (Contains 6,7,12) - Vegan optional

Garlic and Herb Sautéed Mushrooms 4.00 (Contains 7) - Vegan optional Skin on Skinny Fries 4.00

All our beef and pork is of Irish origin unless stated otherwise and our chicken is of EU origin. Due to the nature of our kitchens & operations we are unable to guarantee no traces of nuts or any other allergens are present in the food served to you.