

# STARTERS

**Soup of the Day (GF)** 5.25  
*(ask server for allergens)*  
Served with homemade brown bread  
*(1, 5, 6, 12 - brown bread)*

**Seafood Chowder (GF)** 9.25  
Topped with crispy bacon bits and fennel herb, served with homemade brown bread *(1, 2, 3, 4, 10, 15)*  
*(1, 5, 6, 12 - brown bread)*

**Harissa Tiger Prawns (GF)** 11.50 NEW  
Served with watercress, mint & rocket salad, lemon dressing, pomegranate & mango salsa *(3, 11, 10, 15)*

**Golden Crisp Salt n' Chili Calamari Strips (GF)** 9.50/12.50  
Served with freshly sliced chillies, sea salt, lime zest, coriander and harissa mayonnaise *(1, 4, 6, 11, 15)*

**Chicken Satay (GFA)** 8.50/10.50  
Lightly seasoned strips of chicken, aromatic peanut sauce, served on a bed of soya noodles *(1, 5, 7, 9, 10, 11, 15)*

**Golden Fried Halloumi (V)** 10.50 NEW  
Halloumi sticks served on a bed of rocket, mint & watercress salad, tossed in citrus dressing, topped with pickled red cabbage & chilli, served with homemade tomato & chilli relish  
*(1, 5, 6, 10, 11, 13, 15)*

**Deep Fried St. Brendan's Brie (V)** 8.50/10.50  
Melted brie wrapped in golden crisp wonton pastry, served with caramelised pear salad, cranberry and orange coulis  
*(1, 5, 6)*

**Fivemiletown Goat's Cheese Bruschetta (V)** 9.50 NEW  
With red onion jam, tomato & roast red pepper relish, dressed organic rocket & crushed walnuts *(1, 5, 8, 11, 15)*

**Chicken Liver & Smoked Bacon Pâté (GFA)** 8.50  
Spiced plum chutney, red onion marmalade, mixed leaves, toasted crostini *(1, 5, 13, 15)*

# SALADS

**Jerk Chicken Salad (GF)** 13.50 NEW  
With mango, feta cheese, pomegranate seeds, radish, organic rocket, roasted peppers, tossed in a citrus dressing *(1, 10, 11, 13, 15)*  
*Available vegetarian 10.50*

**Grilled Chicken Caesar Salad (GFA)** 13.50  
Served with baby gem lettuce, herb croutons, crispy pancetta, aged Parmesan cheese, anchovy Caesar dressing, pine nuts *(1, 2, 5, 6, 8, 11, 15)*  
*Available vegetarian 9.50*

**Warm Clonakilty Black Pudding & Smoked Bacon Salad** 12.50  
Served with baby potatoes, roasted red peppers, mixed leaves, Parmesan shavings topped with a poached Butler's organic egg and pesto dressing *(1, 5, 6, 8, 11, 15)*

**Grilled Summer Vegetable & Bulgar Wheat Salad (VE)** 12.50 NEW  
Pomegranate, pine nuts, grilled peppers, courgettes, aubergine, asparagus, broad beans & baby spinach, lemon dressing *(5, 11, 15)*  
*Add chicken +4.25 | Add prawns +6.00 (3)*

**Lightly Seasoned Chicken Tenders (GF)** 8.50/10.50  
Crispy free range chicken fillet strips on a bed of chopped salad with a duo of garlic and chilli sauces *(1, 6, 11, 15)*

**Glazed Chicken Wings (GF)** 8.50/10.50 *(10)*  
Tossed in one of the following sauces: *BBQ (10, 11, 15) / Sweet Chilli n' Lime (15) / Salt n' Chilli / Hot n' Spicy (1, 15)*

Served with blue cheese mayonnaise *(1, 6, 11, 15)*  
*Why not order plain wings with a selection of sauces? 1.00 per additional sauce*

**Vegan Wings (VE) (MM)** 8.50/10.50 NEW  
Southern fried and tossed in BBQ or hot n' spicy sauce, served with vegan garlic mayonnaise *(5, 9, 10, 11, 15)*

**Loaded Nachos (V) (GF)** 9.50  
Served with jalapeño, guacamole and sour cream, topped with cheese sauce and tomato salsa garnish *(1, 6, 11, 15)*  
*Add Chilli Mince +2.50 (10, 15)*  
*Add BBQ Pulled Pork +3.50 (15)*

**Spicy Chicken Salad (GF)** 13.50 NEW  
With quinoa, grilled pineapple, chilli, baby spinach, spring onion, mint, coriander, roast yellow peppers, topped with natural yoghurt *(1, 10, 11, 13, 15)*  
*Available vegetarian 10.50*

**Crispy Parma Ham & Courgette Salad (GF)** 13.50 NEW  
With balsamic glazed beetroot, mint, chilli, grilled asparagus & toasted pine nuts tossed in chilli & lemon dressing, topped with crumbled goats cheese *(1, 8, 11, 15)*  
*Available vegetarian 10.50*

**Vegan Burger (VE) (MVM)** 12.50  
Plant based meaty patty with chopped iceberg lettuce, red onion, crunchy slaw, beef tomato, garlic mayo served in a vegan bun with fries *(5, 9, 10, 11, 15)*  
*Add vegan bacon +1.00 (5, 9)*

**Chickpea Korma Burger (GF) (V)** 11.50  
Made with chickpeas, crunchy peanut butter and courgette, crushed peanut breaded coating served with rocket salad, aged Parmesan flakes, tomato relish, no bun *(1, 6, 7, 10, 11, 15)*

**Slow Cooked Pulled Pork Brioche Bap** 11.50  
Slow braised pulled pork, BBQ sauce, mixed leaves, crunchy slaw, served with fries  
*(1, 5, 6, 9, 10, 11, 12, 13, 15)*

# SIGNATURES

**Martello Chicken Curry (GF)** 13.50  
Seasoned chicken strips sautéed with red onion, pak choi, mixed peppers, carrots and courgettes, served in a mild curry sauce with steamed rice and crisp poppadoms *(1, 10, 11, 15)*

**Turkey Stir Fry (GF)** 13.50  
Soya glazed turkey fillet strips with pak choi, stir fried vegetables, chilli, coriander, garlic, soya & oyster sauce, served with steamed basmati rice *(9, 12, 15)*

**BBQ Pork Ribs (GF)** 13.50  
Pork ribs marinated in a spiced rub, slow cooked for five hours, glazed with BBQ sauce, served with crunchy coleslaw and fries *(1, 10, 11, 13, 15)*

# PASTA

**Cajun Chicken & Smoked Bacon Pasta** 15.50  
Cajun marinated chicken fillet pieces and smoked bacon cooked in a lemon and basil herb cream sauce, topped with aged Parmesan flakes and served with garlic ciabatta *(1, 5, 6, 15)*

**Italian Baked Lasagne** 15.50  
Topped with mozzarella and cheddar cheese, pesto drizzle, Parmesan and rocket leaves, served with garlic ciabatta and fries *(1, 5, 6, 10, 13, 15)*

# SAMBOS

**Maple Glazed Ham Hock & Double Cheese Toastie** 10.50 NEW  
With cheddar and brie cheese, pickled red onion, grainy mustard mayo, rocket on bloomer bread *(1, 5, 6, 11, 15)*

**Chicken Caesar Wrap** 9.50 NEW  
With baby gem lettuce, Parmesan cheese, smoked pancetta, and Caesar mayo in char-grilled tortilla wrap *(1, 5, 6, 8, 11, 15)*

**Cajun Chicken Wrap** 9.50  
Served with roasted peppers, red onion, pineapple chunks, smoked streaky bacon and apple wood cheese in a tortilla wrap *(1, 5, 6, 10, 11, 15)*

**Chicken Caprese Ciabatta** 12.50 NEW  
Crispy Parma ham, Buffalo mozzarella, beef tomato, rocket & pesto *(1, 5, 15)*

**Steak Sandwich** 15.50  
Chargrilled 6oz sirloin steak served on toasted ciabatta topped with mixed leaves, crispy onions and a choice of pepper sauce or garlic butter, with fries  
*(1, 5, 10, 13, 15)*

**Chargrilled Cajun Chicken Sandwich** 13.50  
Cajun spiced chicken breast served in a toasted baguette, chopped salad, Cajun mayonnaise and fries

*(1, 5, 6, 10, 11, 13, 15)*  
*Add cheese +0.50*  
*Add streaky bacon +1.00*

**Vegetarian Lasagne (V)** 14.50  
Topped with feta and cheddar cheese, pesto drizzle, Parmesan and rocket leaves, served with garlic ciabatta and fries  
*(1, 5, 6, 10, 13, 15)*

**Pan Fried Tiger Prawns & Chorizo Tagliatelle** 16.75  
Pan fried tiger prawns and chorizo with white wine, crème fraiche and sun-dried tomato sauce, baby spinach topped with aged Parmesan cheese, served with garlic ciabatta *(1, 3, 5, 13, 15)*

**Lemon & Thyme Roast Chicken & Stuffing Sambo** 10.50 NEW  
Savoury herb stuffing, rocket, mayo, spring onion on granary bread *(1, 5, 6, 8, 11, 15)*

**Chargrilled Summer Vegetable Open Sandwich (VE)** 9.50 NEW  
Chargrilled vegetables, pickled red cabbage & chilli, on grilled sourdough with lemon & balsamic dressed organic rocket *(5, 11, 13)*

**Ham & Cheese Sambo** 9.50  
Honey glazed baked ham, red cheddar, cheese, crunchy coleslaw, sliced red onion, cucumber, tomato, mixed leaves, white bloomer bread *(1, 5, 6, 11)*

**All of the above served with fries** *(1, 10, 13)*

**Add Cup of Soup of the Day** 1.75

# THE SEA

**Steamed Wild Irish Mussels (GFA)** 13.95 NEW  
Cooked in cider, chilli, garlic, red onion, crème fraiche, served with garlic ciabatta and fries *(1, 3, 5, 6, 10, 13, 15)*

**Oven Roasted Fillet of Cajun Salmon (GF)** 14.50  
Cajun infused salmon served on a bed of spiralsised vegetables and quinoa, scented with chilli, lime and coriander, topped with balsamic dressed rocket and natural yoghurt *(1, 2, 11, 12, 15)*

**Wicklow Wolf Craft Beer Battered Cod** 14.50  
Crispy battered cod served with mushy peas, homemade tartar sauce and fries  
*(1, 2, 5, 6, 10, 11, 13)*

**Homemade Tiger Prawn Scampi** 15.50  
Coated in a light panko breadcrumb, homemade tartar sauce, lemon wedge, served with fries *(1, 3, 5, 6, 10, 13)*

# SIDES

**Skinny Fries** 3.25 *(1, 10, 13)*  
**Chunky Fries** 3.25  
*Toss in Rosemary, Sea Salt and Parmesan + 0.50 (1, 6, 10, 13)*  
**Sweet Potato Fries** 4.25  
*Tossed in Smoked Paprika*  
**Taco Fries** 4.75  
*Topped with chilli mince, melted white cheddar cheese and Cajun mayo (1, 6, 10, 11, 15)*  
**Garlic & Cheese Potatoes** 4.25 *(1, 15)*  
**Cream & Chive Mashed Potatoes** 3.25 *(1)*

**Sautéed Onions & Mushrooms** 3.25 *(1)*  
**Battered Onion Rings** 3.25 *(1, 5)*  
**Crispy Onions** 3.25 *(5)*  
**Seasonal Vegetables** 3.25 *(1)*  
**Side Salad** 3.25 *(11)*  
**Garlic Bread** 5.20 *(1, 5, 15)*  
*Add cheese +0.50c*  
**Mac & Cheese** 5.25 *(1, 5, 6, 10, 13, 15)*

# SAUCES & DIPS

 1.00

**Garlic Mayo** *(6, 11, 15)* / **BBQ** *(10, 11, 15)* / **Sweet Chilli n' Lime** *(15)* / **Salt n' Chilli / Hot n' Spicy** *(1, 15)* / **Pepper Sauce** *(1, 15)* / **Garlic Butter** *(1, 15)* / **Cajun Mayo** *(6, 11, 10, 15)* / **Vegan Garlic Mayo (MM)** *(9, 11, 15)* NEW

**(V)** Suitable for Vegetarian

**(VE)** Suitable for Vegans

**(GF)** Gluten Free

**(GFA)** Gluten Free Available

**(MM)** Moodley Manor

**(MVM)** Moving Mountains

**10** Celery **13** Sulphur Dioxide  
**11** Mustard **14** Lupin  
**12** Sesame **15** Garlic

**Allergen List** **3** Crustaceans  
**1** Milk and milk products **4** Molluscs  
**2** Fish

**5** Gluten containing cereals **7** Peanuts  
**8** Other Nuts  
**6** Egg **9** Soy inc. soya