

# LUNCH

## STARTERS

**Soup of the Day (GF)** 5.50 (Ask your server)  
Served with homemade brown bread  
(Contains: \*1, 5a, 5b, 6, 10, 13, 15)

**Seafood Chowder (GF)** 9.50  
Topped with crispy bacon bits and fennel herb, served with homemade brown bread (Contains: \*1, 2, 3, 4, 10, 13, 15)  
(Contains: \*1, 5b, 5e, 6, 12, 13 - brown bread)

**Chicken Satay (GFIA)** 9.50/11.50  
Lightly seasoned strips of chicken, aromatic peanut sauce, served on a bed of soya noodles (Contains: \*1, 5a, 7, 9, 10, 11, 13, 15)

**Deep Fried St. Brendan's Brie (V)** 9.50/11.50  
Melted brie wrapped in golden crisp wonton pastry, served with a dressed baby leaf salad and a cranberry & orange coulis (Contains \*1, 5a, 6, 11, 13)

**Homemade Chicken Liver & Smoked Bacon Pâté** 9.50  
Served with mixed leaves salad, mixed berry compote and mini crostini  
(Contains \*1, 5a, 6, 10, 13, 11, 15)

**Golden Crisp Salt 'n' Chilli Calamari Strips (GF)** 10.50/13.50  
Served with freshly sliced chillies, sea salt, lime zest, coriander and harissa mayonnaise (Contains: \*1, 4, 6, 11, 13, 15)

**Loaded Nachos (V) (GF)** 11.00  
Served with jalapeño, guacamole and sour cream, topped with cheese sauce and tomato salsa garnish (Contains: \*1, 6, 11, 13, 15)  
Add Chilli Mince +2.50 (Contains: \*10, 13, 15)  
Add BBQ Pulled Pork +3.50 (Contains: \*13, 15)

## SALADS

**Grilled Chicken Caesar Salad (GFIA)** 14.50  
Served with baby gem lettuce, herb croutons, crispy pancetta, aged Parmesan, anchovy Caesar dressing, pine nuts (Contains \*1, 2, 5a, 5h, 6, 8h, 11, 13, 15)  
Available vegetarian 9.50

**Warmed Goats Cheese & Beetroot Salad (GF) (V)** 12.50  
Fivemiletown goats cheese, served with mixed greens, pine nuts, roasted beets and a roasted red pepper dressing  
(Contains \*1, 6, 8h, 11, 13, 15)  
Add Chicken +4.00

**Breaded Chicken Tenders** 9.50/11.50  
Crispy free-range breaded chicken strips on a bed of baby leaf salad with duo of garlic and chilli sauces (Contains: \*1, 5a, 6, 10, 11, 13, 15)

**Martello Spice Bag Fries (GF)** 11.50  
Lightly seasoned strips of chicken fried with peppers, spring onion, garlic and chilli, tossed in our own spice bag seasoning (Contains \*10, 11, 13, 15)

**Classic Caesar Salad (GFIA)** 9.50  
Served with baby gem lettuce, herb croutons, crispy pancetta, aged Parmesan, anchovy Caesar dressing, pine nuts (Contains \*1, 2, 5a, 5h, 6, 8h, 11, 13, 15)

**Pan-Fried Prawns & Chorizo Pil Pil (GFIA)** 10.95  
Cooked in a chilli & garlic oil, topped with fresh coriander, served with crusty bread (Contains \*1, 3, 5a, 13, 15)

**Vegan Wings (VE)** 9.50/11.50  
Southern fried and tossed in BBQ or hot 'n' spicy sauce, served with vegan garlic mayonnaise (Contains: \*5a, 9, 10, 11, 13, 15)

**Glazed Chicken Wings (GF)** 9.50/11.50  
(Contains: \*10, 13)  
Served with blue cheese mayonnaise (Contains: \*1, 6, 11, 13, 15)  
Tossed in one of the following sauces:  
- BBQ (Contains: \*10, 11, 13, 15)  
- Sweet Chilli 'n' Lime (Contains: \*13, 15)  
- Salt 'n' Chilli  
- Hot 'n' Spicy (Contains: \*1, 13, 15)  
Order wings plain with a selection of sauces  
2.00 per additional sauce or 3 for 5.00

## SAMBOS

**Martello Ham & Cheese Toastie** 9.50  
Double cheese mix, honey baked ham, on toasted batch loaf (Contains \*1, 5a, 6, 11, 13)

**Chargrilled Chicken, Bacon & Avocado Toastie** 10.50  
Chargrilled chicken, streaky bacon, smoked applewood cheese, avocado, baby leaf salad and homemade tomato & chilli relish on grilled sourdough (Contains \*1, 5a, 5b, 5e, 6, 11, 13, 15)

**Superfood Wrap (V)** 9.50  
Roasted sweet potato chunks, quinoa, avocado, feta cheese, coriander, kale, toasted pine nuts, pickled raisins, spinach leaves and pumpkin seeds, coated with homemade vinaigrette, served in a chargrilled tortilla wrap (Contains \*1, 5a, 8h, 11, 15)

**Hot Joint of the Day Sambo** 10.50  
Please see specials for description

**Chicken Caesar Wrap** 10.00  
With babygem lettuce, Parmesan cheese, smoked pancetta and Caesar mayo in a chargrilled tortilla wrap (Contains \*1, 2, 5a, 5h, 6, 8h, 11, 13, 15)

**Caprese Ciabatta** 10.50  
Crispy Parma ham, buffalo mozzarella, sundried tomato, rocket and pesto (Contains \*1, 5a, 6, 8h, 11, 15)  
Available vegetarian 9.50

**All of the above served with fries** (Contains \*1, 10, 13)  
**Add Cup of Soup of the Day** 1.75 (see specials)

## THE SEA

**Oven Roasted Fillet of Cajun Salmon (GF)** 14.50  
Spicy Cajun salmon served with saffron and roast root vegetable cous cous, topped with organic rocket and coriander crème fraîche (Contains \*1, 2, 5a, 10, 13, 15)

**Wicklow Wolf Craft Beer Battered Cod** 14.50  
Crispy battered cod served with mushy peas, homemade tartar sauce and fries (Contains \*1, 2, 5a, 5f, 5g, 6, 10, 11, 13, 15)

THE MARTELLO

w: themartello.ie i: @themartellobray f: /themartellobray

# LUNCH

## SIGNATURES

### Beef & Guinness Pie 15.50

Tender Irish beef, braised with onions and mushrooms in a rich stout gravy with puff pastry lid, served with creamy mashed potato (Contains \*1, 10, 11, 13, 15)

### Martello Chicken Curry (GFI) 14.50

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 (Contains \*1, 10, 11, 13, 15)

### Steak Sandwich 16.50

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

## PASTA

### Pesto Linguine 15.50

Linguine pasta with chicken, tossed in pesto with sun-dried tomatoes, pine nuts and garlic bread (Contains \*1, 5a, 6, 8h, 13, 15)

Available vegetarain 13.50

### Vegetarian Lasagne (V) 14.50

Topped with feta and cheddar cheese, pesto drizzle, Parmesan and rocket leaves, served with garlic ciabatta and fries (Contains \*1, 5a, 6, 10, 13, 15)

### Italian Baked Lasagne 15.50

Topped with mozzarella and cheddar cheese, pesto drizzle, Parmesan and rocket leaves, served with garlic ciabatta and fries (Contains \*1, 5a, 6, 10, 13, 15)

### Cajun Chicken & Smoked Bacon Pasta 15.50

Cajun marinated chicken fillet pieces and smoked bacon cooked in a lemon and basil herb cream sauce, tossed in fresh linguine pasta, topped with aged Parmesan flakes and served with garlic ciabatta (Contains \*1, 5a, 6, 13, 15)

### BBQ Pork Ribs (GFI) 15.50

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

### Chargrilled Cajun Chicken Sandwich 14.50

Cajun spiced chicken breast served in a toasted baguette, baby leaf salad, Cajun mayonnaise and fries (Contains \*1, 5a, 6, 10, 11, 13, 15)

Add cheese +0.50 (Contains: \* 1)

Add streaky bacon +1.00

### Thai Green Curry 15.50

Wok fried seasonal green vegetables, chicken pieces bound in a coconut cream Thai sauce served with steamed rice (Contains \* 1, 4, 5, 10, 11, 13, 15)

Available vegetarain 13.50

## SIDES

### Taco Fries (GFI) 7.50

Topped with chilli mince, cheddar cheese and Cajun mayo (Contains \*1, 6, 10, 11, 13, 15)

### Garlic & Cheese Fries 5.50

(Contains \*1, 11, 13, 15)

### Curry Fries 5.50 (Contains \* 1, 11, 13, 15)

### Satay Fries 5.50 (Contains \*1, 7, 10, 11, 13, 15)

### Skinny Fries 4.00 (Contains \*13)

### Chunky Fries 4.00

Tossed in Rosemary, Sea Salt and Parmesan + 0.50 (Contains \*1, 13)

### Sweet Potato Fries 4.75

Tossed in smoked paprika (Contains \*13)

### Battered Onion Rings 4.75 (Contains \*1, 5a, 6, 13)

### Garlic & Cheese Potatoes 5.25

(Contains \*1, 13, 15)

### Crispy Onions 4.75 (Contains \*5, 13)

### Seasonal Vegetables 4.00 (Contains \*1, 13)

### Side Salad 4.00 (Contains \*11, 13)

### Garlic Bread 5.20 (Contains \*1, 5a, 6, 13, 15)

Add cheese +0.50c (Contains \*1)

## BURGERS

### Martello Burger 14.50

Two Irish beef burger patties with crunchy iceberg lettuce, gherkin, red onion, Martello burger sauce, ketchup served in a brioche bun with fries (Contains \*1, 5a, 6, 9, 10, 11, 13)  
Add cheese +0.50 (Contains \*1)  
Add streaky bacon +1.00

### Chicken Fillet Burger 14.50

Chargrilled chicken fillet, chopped iceberg lettuce, red onion, crunchy slaw, buffalo mayo, served in a brioche bap with fries

(Contains \*1, 5a, 6, 10, 11, 13)

Add cheese +0.50 (Contains \*1)

Add streaky bacon +1.00

### Slow Cooked Pulled Pork Brioche Bap 13.50

Slow braised pulled pork, BBQ sauce, mixed leaves, crunchy slaw, served with fries (Contains \*1, 5a, 6, 9, 10, 11, 12, 13, 15)

### Vegan Burger (VE) 14.00

Plant based Moving Mountains meaty patty with chopped iceberg lettuce, red onion, crunchy slaw, beef tomato, vegan garlic mayo served in a vegan bun with fries (Contains \*5a, 9, 10, 11, 13, 15)

### Chickpea Korma Burger (V) 13.50

Chickpea, root vegetable and crunchy peanut butter burger, served with baby leaf salad, tomato & chilli relish drizzled with coriander and mint crème fraîche, no bun (Contains \*1, 5a, 6, 7, 10, 11, 15)

## SAUCES & DIPS 2.00 each or 3 for 5.00

Garlic Mayo (Contains \*6, 11, 13, 15)

BBQ (Contains \*10, 11, 13, 15)

Sweet Chilli 'n' Lime (Contains \*13, 15)

Hot 'n' Spicy (Contains \*1, 13, 15)

Pepper Sauce (Contains \*1, 13, 15)

Garlic Butter (Contains \*1, 13, 15)

Cajun Mayo (Contains \*6, 11, 10, 13, 15)

Vegan Garlic Mayo (Contains \*9, 11, 13, 15)

Buffalo Mayo (Contains \*1, 6, 11, 13, 15)

Blue Cheese (Contains \*1, 6, 11, 13, 15)

Hot Sauce (Contains \*1, 13, 15)

Tomato & Chilli Relish (Contains \*13, 15)

Martello Burger Sauce (Contains \*1, 6, 10, 11, 13)

(GFI) Made using Gluten Free Ingredients (GFIA) Gluten Free Ingredients Available (removal of allergenic ingredient) (V) Suitable for Vegetarians (VE) Suitable for Vegans (15) Contains Garlic

### \*Allergen List

1 Milk & milk products  
2 Fish  
3 Crustaceans  
4 Molluscs

5 Gluten containing cereals  
5a Wheat  
5b Wholemeal  
5c Spelt  
5d Khorason

5e Rye  
5f Barley  
5g Oats  
5h Malt  
6 Egg  
7 Peanuts

8 Other Nuts  
8a Almonds  
8b Hazelnuts  
8c Cashews  
8d Pecans  
8e Brazil

8f Pistachio  
8g Macademia  
8h Pine nuts  
8i Walnuts  
9 Soy inc. soya  
10 Celery

11 Mustard  
12 Sesame  
13 Sulphur Dioxide  
14 Lupin

Please note that our dishes are prepared in a kitchen that contains gluten, dairy, nuts, eggs and soy; therefore we cannot guarantee that our dishes are safe to consume for people with these allergies.