

LUNCH

STARTERS

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

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

Pan-Fried Prawns & Baby Spinach (GFIA) 10.95
Cooked in white wine, garlic, chilli and ginger, served with crusty bread
(Contains: *1, 3, 5a, 13, 15)

Deep Fried St. Brendan's Brie (V) 8.50/10.50
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)

Crispy Garlic Ciabatta Bread 5.20
(Contains *1, 5a, 15)
Add cheese +0.50c (Contains *1)

SAMBOS

Martello Toastie 9.50
Honey baked ham, Dubliner cheddar cheese, pickled red onion, tomato and chilli relish (Contains *1, 5a, 5e, 5f, 6, 12, 13, 15)

BLT 9.50
Smoked streaky bacon, beef tomato, crispy lettuce, mayo and crushed avocado
(Contains *1, 5a, 5e, 5f, 6, 11, 12)

Coronation Chicken 10.50
Curried mayo, baby leaf salad, vine tomatoes, topped with toasted almond
(Contains *1, 5a, 5e, 5f, 6, 8a, 10, 11, 12, 13, 15)

SALADS

Chargrilled Halloumi Cheese & Asparagus Salad (GF) (V) 12.50
With organic rocket, roast peppers, caramelised red onion and vine tomatoes (Contains *1, 11)
Add Chicken +4.00

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

Lightly Seasoned Chicken Tenders (GF) 8.50/10.50
Crispy free-range chicken fillet strips on a bed of baby leaf salad with a duo of garlic and chilli sauces (Contains: *1, 6, 10, 11, 13, 15)

Chicken Liver & Smoked Bacon Pâté (GFIA) 8.50
Served with a cranberry and mango coulis, dressed baby leaf salad and toasted crostini (Contains: *1, 5a, 13, 15)

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

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

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

Fivemiletown Goats Cheese Open Sambo (V) 9.50
Red onion jam, grilled vegetables, rocket and black olive tapenade
(Contains *1, 5a, 5e, 13, 15)

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

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

Honey Roast Half Duck Salad (GF) 13.95
With radishes, pomegranate seeds, baby spinach, red onion and mango purée
(Contains *11, 13)

Spiced Buffalo Chicken Salad (GF) 13.50
With baby gem, red onions, roast peppers, sliced celery topped with crumbled Cashel blue cheese (Contains *1, 10, 15)

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

Glazed Chicken Wings (GF) 8.50/10.50
(Contains: *10)
Served with blue cheese mayonnaise
(Contains: *1, 6, 11, 15)
Tossed in one of the following sauces:
- BBQ (Contains: *10, 11, 15)
- Sweet Chilli 'n' Lime (Contains: *15)
- Salt 'n' Chilli
- Hot 'n' Spicy (Contains: *1, 15)

Order wings plain with a selection of sauces
2.00 per additional sauce or 3 for 5.00

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

Steak Sandwich 15.50
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, 10, 13, 15)

Chargrilled Cajun Chicken Sandwich 13.50
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

Chicken Noodle Stir Fry (GFIA*) 13.95
Sweet chilli, lime and coriander chicken noodle stir fry topped with toasted cashew nuts (Contains *5a, 8c, 12, 13, 15)
*Noodles can be replaced with rice



LUNCH

BURGERS

Martello Burger 13.50

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 13.50

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 11.50

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) (MVM) 12.50

Plant based 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, 15)

Chickpea Korma Burger (GFI) (V) 11.50

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, 6, 7, 10, 11, 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, tossed in fresh linguine pasta, topped with aged Parmesan flakes and served with garlic ciabatta (Contains *1, 5a, 6, 15)

Seafood Linguine 15.95

Clams, mussels, prawns and calamari tossed in white wine, lemon and crème fraîche topped with Parmesan served with garlic ciabatta (Contains *1, 2, 3, 4, 5a, 6, 13, 15)

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)

LOADED FRIES

BBQ Pulled Pork Fries (GFI) 9.00

Topped with cheese sauce and crispy bacon bits (Contains *1, 9, 10, 11, 12, 13, 15)

Martello Fries (GFI) 9.00

Topped with garlic butter, pepper sauce and Parmesan (Contains *1, 13, 15)

Buffalo Bacon & Cheese Fries (GFI) 9.00

Topped with hot sauce, cheddar cheese, blue cheese, crispy bacon bits, spring onions (Contains *1, 13, 15)

Cajun Chicken Fries (GFI) 9.00

Marinated Cajun chicken, crispy bacon bits, cheese sauce, Martello burger sauce (Contains *1, 6, 10, 11, 13)

Taco Fries (GFI) 9.00

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

*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 Macdemia
8h Pine nuts
8i Walnuts

9 Soy inc. soya
10 Celery
11 Mustard
12 Sesame
13 Sulphur Dioxide
14 Lupin
15 Garlic

THE SEA

Steamed Wild Irish Mussels (GFIA) 13.95

Cooked in cider, chilli, garlic, red onion, and crème fraîche, served with garlic ciabatta and fries (Contains *1, 3, 5a, 5h, 6, 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)

SIDES

Skinny Fries 3.25 (Contains *1)

Chunky Fries 3.25

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

Sweet Potato Fries 4.25

Tossed in smoked paprika

Sautéed Onions & Mushrooms 3.25 (Contains *1)

Battered Onion Rings 3.25 (Contains *1, 5a)

Garlic & Cheese Potatoes 4.25 (Contains *1, 15)

Crispy Onions 3.25 (Contains *5)

Seasonal Vegetables 3.25 (Contains *1)

Side Salad 3.25 (Contains *11)

Garlic Bread 5.20 (Contains *1, 5a, 15)

Add cheese +0.50c (Contains *1)

SAUCES & DIPS

2.00 each or 3 for 5.00

Garlic Mayo (Contains *6, 11, 15)

BBQ (Contains *10, 11, 15)

Sweet Chilli 'n' Lime (Contains *15)

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

Pepper Sauce (Contains *1, 15)

Garlic Butter (Contains *1, 15)

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

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

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

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

Hot Sauce (Contains *1, 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

