

# Day Menu

## TO START

- **SOUP OF THE DAY** ..... 6.80  
Freshly Made Soup Served with Homemade Bread. (GF)
- **SEAFOOD CHOWDER** ..... 9.00  
Fresh Atlantic Salmon, Cod, Smokey Coley, Haddock & Prawns in a Creamy Veg Stew. Served with Treacle Bread. (GF)(F)(MD)(CR)
- **ROOTS' HOT WINGS** ..... STARTER 9.00  
Cayenne Pepper Hot Sauce, Butter, Gorgonzola Aioli, Local Organic Celery & Carrots. (MD)(CL)(E)(SD) ..... MAIN 14.50
- **TOMATO, MOZZARELLA & BASIL BRUSCHETTA** ..... 7.90  
Sourdough Stone Baked Baguette, Vine Tomatos, Sliced Mozzarella & Basil. (G)(MD)
- **SMOKED SALMON AVOCADO BAP** ..... 9.50  
Avocado, Smoked Salmon, Red Onion, Cucumber, Baby Leaves, Chili & Lime Chive Yogurt. (GF)(F)(MD)

## SALADS

ALL SERVED WITH A HOMEMADE BREAD OF YOUR CHOICE.

- **SMOKED CHICKEN CAESAR SALAD** ..... 12.80  
Smoked Chicken, Baby Gem Lettuce, Crispy Streaky Bacon & Homemade Caesar Dressing. (GF)(E)(SD)
- **GREEK SALAD** ..... 14.50  
With Spicy Lamb Patties ..... 10.50  
Vegetarian ..... 10.50  
Vine Tomatoes, Cucumber, Red Onion, Olives, Feta, Mixed Leaves. (GF)(MD)
- **SMOKED SALMON, BEET & POTATO SALAD** ..... 12.80  
Smoked Salmon, Light Mayonnaise, Dressed Mix of Cooked Root Veg, Boiled Eggs & Caper and Red Onion Drizzle. (GF)(F)(E)
- **CHILI GARLIC PRAWN SALAD** ..... 14.80  
Fresh Mango, Cherry Vine Tomatoes, Red Onion, Baby Leaves, Virgin Olive Oil, Garlic, Chili & Coriander. Served with Fresh Stone Baked Sourdough. (GF)(CR)

## MAIN COURSES

- IRISH BEEF & GUINNESS STEW IN A SOURDOUGH BREAD BOWL** ..... 14.50  
Slow Cooked Chunks of Irish Beef with Potato, Carrot, Onion & Celery in a Rich Guinness Gravy. Served In a Sourdough Bread Bowl. (G)(CL)(SD)
- **10oz RUMP CAP STEAK** ..... 17.50  
Charcoal Grilled Irish Rump Cap Steak, Champ Mashed Potatoes, Sauteed Button Mushrooms & Onions. Served with Brandy Peppercorn Sauce / Garlic Rosemary Butter. (GF)(MD)(SD)
- **BACON & CABBAGE** ..... 14.50  
Roasted Horan's Minced Pork, Rice, & Cabbage Leaf Rolls Wrapped in Streaky Bacon. Served With White Wine & Wild Mushroom Cream. (GF)(MD)
- **IRISH SHEPHERD'S PIE** ..... 14.90  
Lean Ground Lamb, Gravy, Carrots, Peas, Mashed Potatoes & Dubliner Cheddar Cheese, House Salad. (GF)(MD)(CL)
- **ATLANTIC FISH PIE** ..... 14.50  
Salmon, Cod, Haddock, Smoked Coley in White Wine, Topped with Creamy Parmesan Mashed Potato & Dill Velouté. Served with House Salad. (GF)(MD)(F)
- **THAI STYLE CHICKEN CURRY** ..... 15.50  
Chicken Fillet, Coconut Milk, Ginger, Lemongrass, Garlic, Mango, Onion, Peppers & Basmati Rice. (GF)(MD)(SD)
- **VEGAN THAI RED CURRY** ..... 14.50  
Roast Sweet Potato, Mixed Peppers, Snow Peas, Onion, Broccoli, Mango, Coconut Milk, Ginger, Lemongrass, Coriander & Basmati Rice. (GF)(MD)
- **BEER BATTERED COD GOUJONS** ..... 15.90  
Atlantic Cod, Tartar Sauce & Smashed Minted Peas. Served with Homemade Cut Chips. (GF)(CL)(E)(SD)
- HOUSE BURGER OF YOUR CHOICE

# Day Menu

## SIDES

- **HOUSE CUT CHIPS** ..... 3.80
- **SWEET POTATO FRIES** ..... 4.50
- **CHUNKY CASSAVA CHIPS** ..... 4.90
- **PARMESAN TRUFFLE FRIES** ..... 4.90
- **CHAMP MASH** ..... 3.50
- **BASMATI RICE** ..... 3.50
- **CHILI & LIME ROASTED SWEET POTATOES** ..... 4.90
- **BEER BATTERED ONION RINGS** ..... 4.50
- **SAUTEED WILD MUSHROOMS** ..... 4.60
- **PAN ROASTED GREEN VEGETABLES** ..... 4.20
- **HONEY AND MUSTARD FRESH LEAF SALAD** ..... 3.90

## SAUCES & DIPS

- **ROSEMARY GARLIC BUTTER** ..... 1.60
- **GARLIC MAYONNAISE** ..... 1.60
- **LIME & CORRIANDER AIOLI** ..... 1.60
- **BRANDY PEPPERCORN CREAM** ..... 2.00
- **SWEET CHILI SAUCE** ..... 2.00
- **CURRY SAUCE** ..... 2.00
- **BURGER SAUCE** ..... 2.00
- **GRAVY** ..... 2.00
- **HOT SAUCE** ..... 2.00
- **TARTAR SAUCE** ..... 2.00
- **MINT PEA PUREE** ..... 2.00

## DESSERTS

ALL DESSERTS - 6.80

- **BLACK FOREST PARFAIT** *Fluffy Chocolate Sponge, Liqueur-Soaked Cherries, Rich Vanilla Cream. (G)(MD)(SD)*
- **GUINNESS CHOCOLATE CAKE** *Rich & Moist Layered Guinness Cake Served with Baileys Ice-Cream. (G)(MD)(SD)*
- **OVEN BAKED APPLE CRUMBLE** *Served with Soda Bread Ice-Cream. (G)(MD)*
- **RASPBERRY AND PISTACHIO MERINGUE** *Served with Vanilla Ice-Cream. (GF)(E)(MD)(N)*
- **LEMON CURD & DARK BERRY PANNA COTTA** *Lemon Curd, Blackberry and Blueberry Panna Cotta Served with Whipped Cream. (GF)(E)(MD)*
- **CHEESECAKE OF THE DAY** (G)(MD)

Please note that some of our menu items contain allergens.

Traces of these are openly used in our kitchen and may be found in several other products served here.  
We understand the dangers to those with allergies, please speak to a member of staff who will be happy to help you.

(GF) indicates that the dish is Gluten Free

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(CL) Celery

(CR) Crustaceans E.G. Crabs, Prawns, Lobsters

(E) Eggs

(F) Fish

(G) Gluten

(L) Lupin

(MD) Milk & Dairy

(MO) Molluscs - Mussels, Oysters, Squid, Snails

(MU) Mustard

(N) Nuts

(P) Peanuts

(SS) Sesame Seeds

(SB) Soybeans

(SD) Sulphur Dioxide & Sulphites