

# Early Bird

TWO COURSES - 26.00  
THREE COURSES - 30.00

## STARTERS

- ▶ **SOUP OF THE DAY** *Freshly Made Soup Served with Homemade Bread. (GF)*
- ▶ **SEAFOOD CHOWDER** *Fresh Atlantic Salmon, Cod, Smokey Coley, Haddock & Prawns in a Creamy Veg Stew. Served with Treacle Bread. (GF) (F) (MD) (CR)*
- ▶ **ROOTS' HOT WINGS** *Cayenne Pepper Hot Sauce, Butter, Local Organic Celery & Carrots. Served with Gorgonzola Aioli. (MD)(CL)(E)(SD)*
- ▶ **SMOKED SALMON, BEET & POTATO SALAD** *Smoked Salmon, Light Mayonnaise, Dressed Mixture of Cooked Root Vegetables & Boiled Egg. Served with Caper & Red Onion Drizzle. (GF)(F)(E)*
- ▶ **BAKED BRIE** *Baked Brie, Honey, Rosemary, Spiced Pecan Nuts and and Blackberry Compote. (GF)(MD)(N)*

## MAIN COURSES

- ▶ **STUFFED CHICKEN SUPREME** *Chicken, Rye Bread, Shallot Thyme Stuffing, Wrapped in Bacon, Served with Roasted Green Vegetables & Garlic and Herb Baby Potatoes, Mustard Cream Sauce & Red Wine Prune Confiture. (G)(MD)(MU)(SD)*
- ▶ **12oz RUMP CAP STEAK** *Charcoal Grilled Irish Rump Cap Steak, Champ Mashed Potatoes, Sauteed Button Mushrooms & Onions. Served with Brandy Peppercorn Sauce / Garlic Rosemary Butter. (GF)(MD)(SD)*
- ▶ **PAN FRIED FILLET OF SALMON** *Served with Chive Mash, Samphire & Citrus Dill Butter. (GF)(F)(MD)*
- ▶ **LAMB GREEK SALAD** *Spicy Lamb Patties, Vine Tomatoes, Cucumber, Red Onion, Olives, Feta, Mixed Leaves. (GF)(MD)*

## DESSERTS

- ▶ **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)*
- ▶ **DEEP OVEN BAKED APPLE CRUMBLE** *Served with Soda Bread Ice-Cream. (G)(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