

sea&stone

LUNCH

Soup

Butternut squash, Tuscan bean, Cream of vegetable €6

Seafood Chowder

Served with crusty bread €8

Mussel Pot

Cream & garlic steamed mussels, crusty bread €12

Gambas Prawns

Sautéed with chilli & lemongrass marinade €9

Smoked Salmon

Castletownbere salmon, Guinness bread €10

Steak Sandwich

With fried onions on ciabatta €10

Ham & Cheese Toasty

Honey baked ham with Charleville cheese €6

Black Pudding Salad

Clonakilty black pudding, halloumi, walnuts, wilted greens €9

Spicy Chicken & Pomegranate Salad

Mixed leaves, pickled cucumber, slaw €9