

À La Carte

TO START

- ▶ **SOUP OF THE DAY** 6.80
Freshly Made Soup Served with Homemade Bread. (GF)
- ▶ **CAESAR SALAD CROQUETTES** 9.50
Crispy Chicken Fillet Croquettes, Anchovies, Baby Cos, Spinach
Parmesan & Homemade Caesar Dressing. (G) (MD)
- ▶ **BAKED BRIE WITH PECANS AND BLACKBERRY
COMPOTE** 8.90
Baked Brie, Honey, Rosemary, Spiced Pecan Nuts and
Blackberry Compote. (GF) (MD) (N)
- ▶ **SEAFOOD CHOWDER** 9.00
Fresh Atlantic Salmon, Cod, Smokey Coley, Haddock & Prawns
in a Creamy Veg Stew. Served with Treacle Bread.
(CR) (CL) (GF) (F) (MD)
- ▶ **SMOKED SALMON & AVOCADO TRUFFLE** 9.90
Smoked Salmon, Avocado, Chive, Chili, Lime, Natural Yogurt,
Sesame Seeds & Baby Leaves. (GF) (F) (SS)
- ▶ **PRAWN SPRING ROLL** 9.50
Fresh Prawns, Garlic, Ginger, Chili, Soy Sauce, Coriander,
Sesame Seeds, Sweet Chili & Lime Yogurt & Noodles.
(CR) (E) (G) (SS) (SB)
- ▶ **ROOTS' HOT WINGS** 9.00
Cayenne Pepper Hot Sauce, Butter, Gorgonzola Aioli, Local
Organic, Celery & Carrots. (GF) (E) (MD) (CL) (SD) 14.50

MAIN COURSES

- ▶ **STUFFED CHICKEN SUPREME** 24.50
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)
- ▶ **SLOW BRAISED LAMB SHANK** 23.50
Potato Mash, Truffled Turnip Puree, Minted Peas & Pan Jus. (GF)
- ▶ **12oz
GRILLED RUMP CAP TERIYAKI STEAK** 23.50
Charcoal Grilled Irish Beef Rump Cap Steak, Grilled Scallions,
Sesame Seeds, Cassava Fries and Teriyaki Sauce. (GF)(SS)(SD)
- ▶ **12oz
SIRLOIN STEAK** 27.50
Grilled Portobello Mushrooms, Sauteed Onion, Potato of Choice
& Rosemary Garlic Butter / Mixed Peppercorn Brandy Cream.
(GF)(MD)(SD)
- ▶ **08oz
FILLET STEAK** 32.50
Caramelised Pearl Onion, Wild Mushrooms, Creamy Herby
Potato Mash & Jameson Gorgonzola Sauce. (GF)(MD)(SD)
- ▶ **PAN FRIED COD WITH SMOKED COLEY CREAM** 23.50
Atlantic Cod Fillet, Smoked Coley, Chive Mash, Wilted Spinach
& Pan Roasted Tenderstem Broccoli. (GF)(MD)
- ▶ **PRAWN TRIO** 27.50
Deep Fried Tempura Prawns | Coconut Curry Prawns with Chili,
Lemongrass, Garlic, Coriander. "Vatapa" – Brazilian Shrimp Stew
with Amazonian Palm Oil, Coconut Milk, Roasted Cashews, Ginger,
Tomato, Turmeric and Coriander.
All Served with Basmati & Organic Black Wild Grain Rice.
(GF)(CR)(SS)(N)

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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 & BLACK WILD GRAIN 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

- ▶ **TERIYAKI SAUCE** 1.80
- ▶ **MUSTARD CREAM** 1.80
- ▶ **ROSEMARY GARLIC BUTTER** 1.60
- ▶ **BRANDY PEPPERCORN CREAM** 2.00
- ▶ **JAMESON GORGONZOLA SAUCE** 2.00
- ▶ **RED WINE & PRUNE CONFITURE** 2.00
- ▶ **SMOKED COLEY WHITE WINE CREAM** 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