

# 3 Course Early Bird Menu

## TO START

### **Chefs Soup of the Day**

Served with Homemade Soda Bread.

*~ Allergens; Wheat Dairy Celery Sulphites ~*

### **Warm Flavoured Goats Cheese & Beetroot Salad**

Served with Mixed Leaves, Sundried Tomatoes, Toasted Walnuts & Balsamic Dressing

*~ Allergens; Dairy Sulphites Nuts ~*

### **Valentia Harbour Seafood Chowder**

Mixed Smoked Salmon and Fresh Chunky Fish with Vegetable in a Cream Sauce. Served with Brown Soda Bread

*~ Allergens; Fish Wheat Dairy Celery Sulphites ~*

### **Mildly Spiced BBQ Chicken Wings**

Served with Side Salad

*~ Allergens: Wheat Sulphites ~*

## MAINS

### **Pan Seared Salmon Supreme**

Served with Potato Gratin & Creamy Lemon Butter Sauce.

*~ Allergens; Fish Dairy Sulphites ~*

### **Pan Grilled Chicken Fillet**

In a Cream Tarragon Sauce served with Steamed Vegetables of the Day & Creamy Mashed Potatoes.

*~ Allergens; Dairy, Wheat and Sulphites ~*

### **Beef Burger with Bacon & Cheese**

Hereford Irish Ground Beef Patty in a Toasted Brioche Bun with Thousand Island Sauce, Lettuce, Tomato, Onions, Melted Cheddar Cheese & Bacon. Served with Chips & Homemade Slaw

*~ Allergens; Wheat Dairy Mustard Sulphites ~*

### **Vegetable Yellow Thai Curry**

Mixed Vegetables & Pineapple Chunks in a Mild Yellow Thai Curry Sauce. Served with Boiled Basmati Rice.

*~ Allergens; Wheat Sulphites Fish Crustaceans ~*

### **Steak Sandwich**

Served with Chips, Salad & Pepper Sauce

*~ Allergens: Wheat Dairy Fish Soybean Sulphites ~*

## SOMETHING SWEET

**PLEASE ASK YOUR SERVER FOR TODAYS SELECTION OF DESSERTS**

❧ 3 COURSES FOR €28 FROM 5-7.30pm DAILY ❧



MISSION STATEMENT: TO PROVIDE QUALITY AND VALUE 30 PACES FROM THE  
ATLANTIC