

COAST BAR

LUNCH MENU

STARTERS

COAST CHOWDER ^c €10.50

Mixed Atlantic chowder,
served with homemade brown bread
1.2.4.7.8.9.11.12.13.14

SOUP OF THE DAY ^{cv} €7.00

served with homemade brown bread
1.7.8.9.11.13

HOT WOK CHICKEN ^c €11.50

Chinese 5 Spice coated chicken bites finished
with sautéed onions, peppers & sweet chilli
sauce
3.10

PEAR & BRIE CROSTINI ^v €11.50

On a sourdough bread with balsamic
reduction, pomegranate & petit salad
1.7.10.12

COAST CHICKEN WINGS ^v €10.50

Slow cooked spiced chicken
wings with ranch dip
7.12

KILLARY FJORD ^c €11.50 MUSSELS

Roast garlic & leek cream with homemade
brown bread
1.2.7.8.9.11.12.13.14

BOOST UP SALAD ^{cv} €10.50

+PRAWN €5.50 **+CHICKEN €5**
Mesclun leaf salad with cherry tomato, onion,
beetroot, toasted mixed seeds, peppers,
avocado, pomegranate, goats cheese & a honey
mustard dressing (Go Vegan without Cheese & Dressing).
7.8.10.11

GOLDEN FRIED €10.90 CALAMARI

With dressed mixed leaves & sriracha & lime dip
1.2.3.10.14

LIGHT BITES

CAJUN CHICKEN WRAP €11.00

Cajun chicken, Ballymaloe tomato relish
Irish cheddar in a flour tortilla with crisp rocket
1.3.7.10

COAST B.L.T €11.00

Crispy bacon, lettuce & tomato on toasted
sourdough bread
1.7.10

LIGHT BITES

OPEN GOATS ^v €11.50

CHEESE SANDWICH
Grilled goats cheese, marinated tomato,
basil pesto on toasted sourdough
1.7.8.10

VEGGIE WRAP ^{optional v} €11.90

Toasted veggie burrito filled with tomato salsa.
Avocado, spinach, carrot, red onion, peppers,
mozzarella cheese and vegan mayo
(go vegan without the cheese)
1.10

SANDWICH ^{1.3.7} €7.00

TOASTED €7.80

CHICKEN

HAM

SALAD

CHEESE

(COELIAC OPTION AVAILABLE)

BURGERS

COAST BURGER €18.90

Homemade 100% Irish beef burger, red onion,
tomato, lettuce & coast burger sauce. Served
with salad & chips or wedges.
(Gluten Free Bun Available)
1.3.10

CHICKEN BURGER €17.90

Chargrilled escalope of marinated chicken,
red onion, tomato lettuce & coast burger
sauce. Served with salad & chips or wedges.
(Gluten Free Bun Available)
1.3.10

BEYOND MEAT €18.90

BURGER ^{© c}

The world's first plant-based burger that
looks, cooks and satisfies like beef without
GMOs, soy, or gluten. Served with
Ballymaloe tomato relish, lettuce, tomato,
vegan mayo in a vegan bun. With chips or
wedges. (Gluten Free Bun Available)
1.6.10.11.12

ADD ON

BACON €2.50

PEPPERJACK CHEESE ⁷ €2.00

CHEDDAR CHEESE ⁷ €1.00

MAINS

BEER BATTERED FISH OF THE DAY €19.00

Please ask your server for details. Served with mushy peas, tartare sauce & chips or wedges
1.3.4.12

GRILLED DARNE OF SALMON €21.90

With creamy mashed potatoes, rustic chunky vegetables, spinach & sundried tomato cream
4.7

KILLARY FJORD MUSSELS €17.50

Roast garlic & leek cream served with chips
2.7.12.14

PENNE ARRABBIATA €15.00

+PRAWN €5.50 +CHICKEN €5

Rustic vegetables in a rich tomato, garlic & basil sauce. Served with parmesan cheese, rocket leaves & garlic bread. 1.7

(Go Vegan without Cheese & Dressing).

COAST THAI RED CURRY €15.50

+PRAWN €5.50 +CHICKEN €5

Creamy mild red Thai curry with mediterranean vegetables, steamed rice & poppadum
7.8

STEAK SANDWICH €20.50

6oz Irish minute steak served in a rustic sourdough baguette, horseradish mayonnaise, onions, mushrooms, salad & chips or wedges
1.3.7.10

COAST CHICKEN WINGS €16.50

Slow cooked spiced chicken wings with ranch dip & chips or wedges
7.12

HOT WOK CHICKEN €17.50

Chinese 5 spice coated chicken bites finished with sautéed onions, peppers & sweet chilli sauce. Served with salad & chips or wedges
3.10

GOLDEN FRIED CALAMARI €17.90

Served with dressed mixed leaves, a sriracha & lime dip & chips
1.2.3.10.14

BOOST UP SALAD €13.90

+PRAWN €5.50 +CHICKEN €5

Mesclun leaf salad with cherry tomato, onion, beetroot, toasted mixed seeds, peppers, avocado, pomegranate, goats cheese & honey mustard dressing (Go Vegan without Cheese & Dressing).
7.8.10.11

SIDES

SIDE SALAD €5.00

CHIPS €5.00

SWEET POTATO FRIES €5.50

ONION RINGS €5.00

CREAMED POTATO €5.00

SEASONAL VEGETABLES €5.00

WEDGES €5.00

COLESLAW €3.50

DESSERT

CREME BRULEE c	€7.50
Served with homemade flapjack 3.7	
COAST STICKY TOFFEE PUDDING	€7.50
Served with butterscotch sauce, & caramel ice cream 1.3.7	
RASPBERRY & WHITE CHOCOLATE ROULADE c	€7.50
Served with a mixed berry coulis fresh cream & strawberry ice cream 3.6.7	
WARM CHOCOLATE BROWNIE	€7.50
Served with fresh cream & vanilla ice cream 3.7	
WARM APPLE PIE	€7.50
Fresh cream & custard 1.3.7.12	
CHEESECAKE OF THE DAY	€7.50
Please ask your server for today's flavour 1.7.8	
SELECTION OF ICE-CREAM c	€6.90
3.7.8	
JELLY & ICE-CREAM c	€6.90
Please ask your server for today's flavour 3.7	
ALL ICE CREAMS ARE MADE IN HOUSE & CONTAINS EGG	

FOOD ALLERGY NOTICE;

Food prepared here may contain nuts and other ingredients which can cause allergic reactions. If you or any of your guests have an allergy please inform your server and our chefs will be happy to accommodate your needs.

FRIENDLY OPTIONS AVAILABLE:

C COELIAC | **V** VEGETARIAN |  **VEGAN**

· 1 WHEAT · 2 CRUSTACEAN · 3 EGG · 4 FISH · 5 PEANUTS
· 6 SOY · 7 DAIRY · 8 TREENUTS · 9 CELERY · 10 MUSTARD
· 11 SESAME · 12 SULPHITES · 13 LUPINS · 14 MOLLUSCS

HOT DRINKS

FRESHLY BREWED TEA	€3.20
CAFFE AMERICANO	€4.00
Espresso topped with hot water	
CAFFE LATTE	€4.10
+ FLAVOUR .50c Vanilla Carmel Hazelnut 7	
CAPPUCCINO	€4.10
+ FLAVOUR .50c Vanilla Carmel Hazelnut 7	
FLAT WHITE	€4.10
espresso with steamed velvety milk 7	
HOT CHOCOLATE	€4.10
7	
ESPRESSO	€3.70
Shot of Espresso extracted the Italian way	
DOUBLE ESPRESSO	€4.20
CHAI LATTE	€4.10
Chai tea, steamed milk & cinnamon 7	
DIRTY CHAI LATTE	€4.30
Chai tea, steamed milk, espresso & cinnamon 7	
CAFFE MOCHA	€4.30
Espresso, rich dark chocolate sauce & steamed milk 7	
HERBAL TEA	€3.50
PEPPERMINT GREEN TEA CHAMOMILE EARL GREY BERRY	
MILK ALTERNATIVE	+ €0.50
SOYA OAT ALMOND	



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