



LOUGH REA  
HOTEL & SPA  
★★★★★

# LUNCH MENU

**Soup of the Day (V) €6.00**

Guinness Bread & Salted butter (GF Available)  
(1a, 7, 9, 12)

**West Coast Seafood Chowder €7.50**

Guinness Bread & Salted butter (1a, 2, 4, 7, 9, 12)

**Cajun Chicken Caesar Salad €10.00**

Focaccia Croutons, Bacon & Parmesan (2, 3)

**Butternut Squash Salad (V) €8.50**

Toasted Pecans, Goat's Cheese & Chive Dressing  
(8, 10, 12)

**Spiced Chicken Quesadilla €11.50**

Tomato & Coriander Salsa, Mozzarella, Mexican Rice &  
Sour Cream (1a, 7, 12)

**Baba Ganoush Flatbread (V) €10.00**

Baby Leaves, Pomegranate, Vegan Mint Yoghurt  
Dressing (1a, 6, 11, 12)

**Lir Bar Toasted Sandwich €11.00**

Ham, Cheese & Red Onion, Grain Mustard  
on White Tiger Loaf, served with Chips (1a, 7, 10, 12)  
Add Soup €3.00

**Stir Fry Noodles €15.00**

Served with Soy Ginger & Chilli (1a, 2, 3, 6, 9, 11, 12)  
Add Chicken €1.50  
Add Prawns €2.50

**Chef's Roast of the Day €17.00**

Please ask your Server. Potatoes and Seasonal Market  
Vegetables (1, 3, 6, 7, 9, 12)

**The "Slieve Aughty" Burger €17.00**

8oz Gilligan's Angus Beef Burger. Served  
with Relish, Mature Dubliner Cheddar,  
Grilled Streaky Bacon. Served in a Toasted  
Brioche Bun with Fries, Salad (1a, 3, 7, 12)

**Veggie Burger (V) €14.00**

Cauliflower & Quinoa Burger with Minted  
Soy Yoghurt. Toasted Kaiser Bun with Fries  
& Side Salad (1a)

**Rigatoni Pasta €16.50**

Spiced Pork & Beef Cream Sauce, Scallions, Parmesan,  
served with a Garlic Ciabatta (1a, 3, 7, 9)

**Chef's Fish of the Day €17.50**

Please ask your Server. Potatoes and Seasonal Market  
Vegetables (4, 7, 12)

**Buttermilk Fried Chicken Burger €16.50**

Edam Cheese, Baby Gem Lettuce, Red Onion &  
Fermented Chilli Aioli. Side Salad & Fries (1a, 3, 7, 12)

## Sides

Fries	€3.50
Creamed Potatoes (7)	€3.50
Garlic Cheese Ciabatta (1a, 7)	€4.00
Buttered Broccoli (7, 8)	€4.00

## Desserts

**Selection of Ice Creams €7.00**

Wafer Basket (1a, 3, 7)

**Cheesecake of the Day €7.00**

Berry Compote, Vanilla Ice Cream (1a, 7)

**Chocolate Delice €7.00**

Peanut Butter Brittle, Vanilla Ice Cream (1a, 3, 7)

**Sticky Toffee Pudding €7.00**

Treacle Sauce, Honeycomb Ice Cream (1a, 3, 7,  
12)



*Allergen Index: 1. Cereals Containing Gluten, 1a. Wheat 1b Oats 1c Barley 1d Rye, 2. Crustaceans, 3. Egg, 4. Fish, 5. Peanuts, 6. Soybean, 7. Milk, 8. Nuts, 9. Celery, 10. Mustard, 11. Sesame Seeds, 12. Sulphur Dioxide/sulphites, 13. Lupin, 14. Molluscs. Although all due care is taken during meal preparation, Cross contamination risks are possible*