



LOUGH REA
HOTEL & SPA
★★★★★

LUNCH MENU

Soup of the Day (V) €6.00 Guinness Bread & Salted butter (GF Available) (1a, 7, 9, 12)	Penne Carbonara €16.50 Sautéed Chicken, Smoked Bacon, Mushrooms & Parmesan Cream (1a, 3, 7)
West Coast Seafood Chowder €7.50 Guinness Bread & Salted butter (1a, 2, 4, 7, 9, 12) <u>Main Course €11.50</u>	Penne Salmone €16.50 Smoked Salmon, Atlantic Shrimp & Tomato Cream Sauce (1a, 2, 3, 4, 7)
Só Superfood Salad €9.50 Goat's Cheese, Baby Leaves, Cherry Tomatoes, Red Onions, Squash, Roasted Peppers, Walnuts, House Dressing (7, 8) <u>Main Course €14.00</u>	Penne Arrabiatta (V) €13.50 Chillies and Garlic in a Rich Tomato & Basil Sauce (1a, 7) <u>Add Chicken €2.50</u>
Cajun Chicken and Bacon Salad €15.50 Smoked Bacon, Baby Leaves, Tomatoes, Red Onions, Garlic Potatoes, Pesto & Coleslaw (3, 7, 8)	Chef's Fish of the Day €19.50 Served with Seasonal Market Vegetables and Potatoes. Please Ask Your Server For Details. May Contain: (1a, 3, 4, 7, 12)
Lir Bar Wrap €12.50 Black Pudding, Caramelised Red Onions, Cherry Tomatoes, Pear and Blue Cheese Mayo & Tomato Relish. Served with Chips (1a, 3, 7) <u>Add Chicken €2.50</u>	Thai Red Curry (V) €14.50 Served with Oriental Vegetables and Scented Basmati Rice (7) (Vegan) <u>Add Chicken €2.50</u>
Lir Bar Toasted Sandwich €12.00 Ham, Cheese & Red Onion, Parsley Mayo on White Tiger Loaf, Served with Chips (1a, 3, 7, 10,12) <u>Add Soup €3.50</u>	Falafel & Zesty Hummus Wrap (V) €12.50 Cherry Tomatoes, Red Onions, Baby Leaves. Served with Chips (1a) (Vegan)
Open Steak Sandwich €18.50 6oz Sirloin Steak, Toasted Garlic Ciabatta, Sautéed Onions & Mushrooms with Pepper Sauce. Served with Chips (1a, 3, 7)	Veggie Burger (V) €14.50 Cauliflower & Quinoa Burger, Tomato Chutney, Garlic Mayo. Toasted Bun with Fries & Side Salad (1a, 3)
Lir Bar Chicken Burger €17.00 Parmesan Crusted Chicken Fillet, Tomato, Crispy Leaves with Garlic Mayo. Served with Fries and Side Salad (1a, 3, 7)	Sides
Lir Bar Beef Burger €17.50 8oz Angus Beef Burger, Marinated Sicilian Peppers, Brie, Red Onion Jam. Fries and Side Salad (1a, 3, 7, 12) <u>Add Bacon €1.00</u>	Fries €4.00 Creamed Potatoes (7) €4.00 Seasonal Vegetables (7) €4.00 Tossed Side Salad €4.00 Garlic Ciabatta Bread (1a, 7) €4.00 Beer Battered Onion Rings (1a, 3) €4.00 Truffle & Parmesan Fries (7) €5.00

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



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DESSERTS

Vanilla Cheesecake €7.50

Blueberries, Meringue Drops (1a, 3, 7)

Toffee Buttermilk Panna Cotta €7.50

with Dehydrated Banana (1a, 3, 7)

Triple Chocolate Mousse €7.50

Dark chocolate, White Chocolate with Baileys.
Milk Chocolate, Berry Compote (1a, 3, 7)

Apple Crumble €7.50

Custard and Vanilla Ice Cream (1a, 3, 7)

Chocolate Brownie €7.50

Vanilla Ice Cream (1a, 3, 7)

Selection of Ice Creams €7.50

Strawberry, Vanilla & Chocolate (1a, 3, 7)

BARISTA & MORE

TEA €3.00

HERBAL TEA €3.20

LATTE €3.80

AMERICANO €3.40

CAPPUCCINO €3.80

FLAT WHITE €3.80

ESPRESSO €3.40

DOUBLE ESPRESSO €3.80

HOT CHOCOLATE €3.50

BAILEYS HOT CHOCOLATE €8.80

BAILEYS COFFEE €8.80

IRISH COFFEE €8.80

CALYPSO COFFEE €8.80

HOT BRANDY €6.20

HOT WHISKEY €5.80

HOT PORT €6.50

*Our Ethos as a company is to support **Irish Farmers** and procure **From Local Irish Producers** as a priority. Purchase with confidence knowing that our meats are farm to fork traceable and supporting local, regional and Irish food producers and jobs.*



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