



LOUGH REA  
HOTEL & SPA



# EARLY BIRD MENU

Available from 5.00pm to 6.30pm (Sun-Thursday)

2-Course with Tea or Coffee €24.50

3-Course with Tea or Coffee €29.50

## Starters

### **Soup of the Day (V)**

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

### **West Coast Seafood Chowder**

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

### **Mozzarella Bruschetta**

Marinated Tomatoes on a Garlic Ciabatta, Pesto & Buffalo Mozzarella (1a, 7, 8)

### **Creamy Garlic Mushrooms (V)**

Garlic Ciabatta Bread, Parmesan & Crispy Onions  
(1a, 7, 12)

## Main Courses

### **10oz Prime Irish Sirloin Steak**

Served with Chips, Sautéed Mushrooms and Onions,  
Choice of Peppercorn or Garlic Butter (7, 12)  
(€10 Supplement Applied)

### **Lir Bar Beef Burger**

8oz Angus Beef Burger, Crispy Leaves,  
Tomato, Onion, Cheddar Cheese and  
Siracha Mayo. Served with Fries (1a, 3, 7, 12)

## Sides

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

## Main Courses

### **Traditional House Chicken Curry**

Served Half and Half with Chips and Basmati Rice  
(1a, 7) (Vegetarian Option Available)

### **Spinach & Ricotta Tortellini (V)**

Cherry Tomatoes and Pesto Cream Sauce (1a, 7, 8)

### **Potato Gnocchi Surf & Turf**

Crisp Bacon, Wild Mushrooms, Atlantic King Prawns,  
Asparagus & Dressed Rocket (1a, 2, 4, 7)

### **Fish of the Day**

Served with Crispy Bacon, Baby Potato, Sugar Snaps &  
Battered Asparagus. Please Ask Your Server For Details.  
(4, 7, 10, 12)

### **Roast of the Day**

Served with Seasonal Mixed Vegetables & Potatoes.  
Please Ask Your Server For Details (1, 7, 12)

### **Supreme of Irish Chicken**

Pomme Puree, Black Pudding, Celeriac Puree,  
Herb Jus (1a, 7, 9, 12)

## Desserts

### **Vanilla Cheesecake**

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

### **Apple Crumble**

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

### **Chocolate Brownie**

Vanilla Ice Cream (1a, 3, 7)

### **Selection of Ice Creams**

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

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.



## BARISTA & MORE

TEA	HOT CHOCOLATE	€3.50
HERBAL TEA	BAILEYS HOT CHOCOLATE	€8.80
LATTE	BAILEYS COFFEE	€8.80
AMERICANO	IRISH COFFEE	€8.80
CAPPUCCINO	CALYPSO COFFEE	€8.80
FLAT WHITE	HOT BRANDY	€6.20
ESPRESSO	HOT WHISKEY	€5.80
DOUBLE ESPRESSO	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.*

