

## Meat Dishes

- Pan Grilled 100z Slaney Valley Sirloin Steak (1,7 Pepper Sauce) 25.95  
*(served with Sautéed Onions & Mushrooms and a choice of peppercorn sauce or garlic butter)*
- O'Dowd's Lamb Stew 16.95  
*(Tender pieces of Irish Lamb, Slow Cooked with Carrots, Onions & Fresh Herbs, Served with boiled Potatoes)*

## Vegetarian

- Home-Made Black Eyed Bean Burger with a spicy tomato sauce 13.95  
*(Black Eyed Beans mixed with Vegetables & Herbs, Served with Chips or Salad)*

## Fish

- Pan-Fried Fillets of our Catch of the Day 1,4 15.50  
*(Our fish of the day, locally supplied, lightly floured and shallow fried, served with tartar sauce & Lemon Wedge)*
- Poached or Grilled Connemara Salmon 4,7 16.50  
*(Fresh Connemara Salmon, Served with Lemon butter)*
- Seafood Au Gratin 1,2,4,7,14 23.95  
*(Flake, Salmon, Oyster & Mussels in a wine & cream sauce, topped with grated cheese/breadcrumbs & Grilled to Order)*

*(All above main courses are served with mash, boiled or Chipped Potatoes)*

## Curries

- Fish Curry (Cod & Scampi) with Boiled rice 2,4,7,8,10,14 18.50  
*(Fresh Cod & Scampi cooked gently in our own Home-made Curry Sauce)*
- Chicken Curry with Boiled rice 7,8,10 14.50  
*(Tender Pieces of White Chicken Breast in a Home-made Curry Sauce)*

## Side Orders

- Chipped potatoes 1 3.60  
Vegetables 9 3.50  
Side Salad with French dressing 10 12 3.00

*All our Meat & Chicken is 100% Irish Reared.*

The 14 Allergens that are listed on this menu are numbered 1 to 14 in the following order:

- |                |                                 |
|----------------|---------------------------------|
| 1. Wheat       | 8. Nuts                         |
| 2. Crustaceans | 9. Celery                       |
| 3. Eggs        | 10. Mustard                     |
| 4. Fish        | 11. Sesame Seeds                |
| 5. Peanuts     | 12. Sulphur Dioxide & Sulphites |
| 6. Soybeans    | 13. Lupin                       |
| 7. Milk        | 14. Molluscs                    |