



## LUNCH MENU

### LIGHT BITES

<b>Soup of the Day (C) (V)</b> <i>Served with Crusty Breads</i>	€4.30
<b>Meyler's Natural Smoked Haddock &amp; Seafood Chowder</b>	€7.25
<b>Feta Cheese, Nutmeg &amp; Creamy Spinach Tart (V)</b> <i>Served with Red Onion Jam, Grilled Courgette, Smoked Tomato Vinaigrette</i>	€7.90
<b>Smoked Mackerel &amp; Kilmore Crab Fishcake</b> <i>With Beetroot &amp; Carrot Slaw, Hollandaise Sauce</i>	€7.90
<b>Steamed Mussels (C)</b> <i>In Leek &amp; Chorizo Sausage Cream, with Crusty Garlic Bread</i>	€9.25
<b>Crispy Battered Pork Salad</b> <i>Served with Mango, Beansprouts, Pickled Carrots and Pak Choy With Chilli &amp; Passion Fruit Dressing</i>	Lite Bite/Main €8.50/€10.75
<b>Prosciutto and Buffalo Mozzarella Salad (C)</b> <i>Rocket, Poached Fig, Artichokes and Shaved Aged Parmesan</i>	€ 8.25/€10.25
<b>Honey Roast Butternut Squash Risotto</b> <i>Served with Panko Goats Cheese, Pear Relish</i>	€8.75/€11.50

### MAINS

<b>Breaded French Trim Panko Pork Cutlet</b> <i>Champ Mash, Mushroom Provençale Sauce</i>	€11.90
<b>Fresh Pasta of the Day</b>	€10.50
<b>'TMT' House Smoked BBQ Steak Sandwich</b> <i>With Crème Fraiche, Flat Mushroom, French Fried Onion and Hand Cut Chips</i>	€12.90
<b>Pan Fried Hake Fillet (C)</b> <i>Grilled Langoustine with Udon Noodles, Stir Fried Mixed Vegetables &amp; Asian Broth</i>	€12.90
<b>Lemon, Honey &amp; Mustard Grilled Half Chicken (C)</b> <i>With Mashed Sweet Potatoes, Chimmichuri, red Cabbage &amp; Beetroot Slaw</i>	€12.75
<b>Black Board Special of the Day</b>	€10.00
<b>Lunch Chips</b>	€2.50



## **LUNCH MENU**

### **SANDWICHES €6.75**

#### **Toasted Special**

*Baked Ham, Wexford Cheddar Cheese, Tomato & Onion (Triple Decker)*

#### **Club Sandwich**

*Grilled Chicken, Hard Boiled Egg, Streaky Bacon, Lettuce, Tomato & Mayo (Triple Decker)*

#### **BLT**

*Streaky Bacon, Lettuce, Tomato & Mayonnaise (Triple Decker)*

#### **Corned Beef Sandwich**

*With Sweet Red Onion Mayonnaise and Roccoca*

#### **Naan Bread with Slow Cooked Lamb & Chick Peas**

*With Rocket Salad, Avocado and Mint Yoghurt*

#### **Meyler's Smoked Salmon** (Served on Cooney's Wholemeal Bread)

*Horseradish Cream Cheese & Pickled Dill Cucumber*

### **'TMT' SPECIAL OFFER**

**SOUP of the DAY**  
**& choose one of the above SANDWICH ONLY €9.50**  
**Add Tea or Coffee €10.50**

**All sandwiches served with Hand Cut Crisps**

### **DESSERTS €6.00**

#### **Classic Vanilla Bean**

**Crème Brulée**

#### **Iced Meringue Torte**

*With 5 Spice Honey Parfait and Roasted Fruits Compote*

#### **Autumn Bread & Butter Pudding**

*With Golden Raisins, Apricot Glaze & Hazelnut & Orange Ice-Cream*

#### **Roast Banana, Toffee & Almond Crumble**

*With Rum & Raisin Ice Cream*