

# grain & grill

## STARTERS

**Buffalo Chicken Wings** Petite €8.95 Proper €14.95  
Hot Louisiana sauce or bourbon bbq sauce with celery sticks & blue cheese dip  
(allergen 7,8,12)

**Chicken Caesar Salad** Petite €8.95 Proper €14.95  
Crispy baby gem, garlic & herb croutons, streaky bacon, creamy Caesar dressing,  
Parmesan shavings  
(allergen 6 wheat, 7,9,11)

**Crispy Coated Local Brie Cubes** €7.95  
With a cranberry chutney & dressed baby leaf salad  
(allergen 6 wheat, 7,8,11,13)

**Chargrilled Slaney Valley Lamb Koftas** €9.95  
With coriander naan bread, raita & mango chutney dips  
(allergen 6 wheat, 7,9)

**West Cork Seafood Chowder** €7.95  
Local selection of seafood with homemade Murphy's stout & treacle soda bread  
(allergen 2 prawns, 3 salmon, 6 wheat, 7,9,12)

**Homemade Soup of the Day** €5.50  
With homemade Murphy's stout & treacle soda bread  
(allergen 6 wheat, 7,9,12)

## MAINS

**Certified Irish Angus Steak Burger** €16.50  
Served in a brioche bun with crisp lettuce, beef tomato, mayonnaise,  
Swiss cheese, homemade tomato relish, chunky chips  
(allergen 6 wheat, 7,8,11,13)

**Pan Fried Fillet of Courtmacsherry Hake** €18.50  
On baby spinach, roast potatoes with a shrimp & dill butter  
(allergen 2 prawns, 3 hake, 7,8)

**Reel Fish & Chips** €16.95  
Smithwicks ale battered fillet of fresh haddock with pea puree,  
tartar sauce, lemon confit & chunky chips  
(allergen 3 haddock, 6 wheat, 7,8,9,11)

**Thai Green Curry** Add Chicken €2.00 Add Prawns €4.00 €14.50  
Aromatic spiced curry with stir-fried Asian greens, basmati rice & crisp poppadum  
(allergen 2 fish sauce, 3 prawns, 8)

**Baked Gnocchi** €14.95  
In a rich plum tomato & basil sauce, mozzarella, aged Parmigiano with garlic & virgin olive  
bruschetta  
(allergen 6 wheat, 7,11)

## Char-grilled 10Oz Sirloin Steak

€24.95

21 days aged prime local beef cooked to your liking served with roasted flat cap mushroom, beer battered onion rings, champ mash or fries & a choice of cracked black pepper sauce or roasted garlic butter  
(allergen 6 wheat, 7,9,11,12,13)

## PIZZA'S & TOASTED SANDWICH

### Margherita

€13.50

Tomato sauce, mozzarella cheese  
(allergen 6 wheat, 7)

### Pepperoni

€14.50

Tomato sauce, mozzarella cheese, pepperoni sausage  
(allergen 6 wheat, 7,8,13)

### O'Keeffe's Doorstep Toastie

€11.95

With lean baked ham, gruyere cheese & red onion jam with fries & salad  
(allergen 6 wheat, 7,8,9,13)

## SIDES

### Hand Cut Chunky Chips (allergen 8,9)

€3.50

### Buttered Seasonal Vegetables (allergen 7)

€3.50

### Fresh Garden Salad (allergen 13)

€3.50

### Beer Battered Onion Rings (allergen 6 wheat, 7,11)

€3.50

### Buttered Baby Spinach (allergen 7)

€3.50

### Grilled Flat Cap Mushrooms (allergen 7)

€3.50

## DESSERTS

### Warm Apple & Berry Crumble

€6.25

Served with sauce Anglaise & vanilla bean crumble  
(allergen 5 nuts, 6 wheat, 7,11)

### Homemade Pavlova

€6.25

Irish strawberries, seasonal berries & freshly whipped cream  
(allergen 7,11)

### Selection of Glenown Ice-cream

€6.25

With fruit coulis & wafer fan  
(allergen 5 nuts, 6 wheat, 7,8,11)

### Irish Sea Salted Caramel & Chocolate Tart

€6.25

Crumble textures, chocolate quenelle  
(allergen 6 wheat, 7,11)

## DRINKS

A full range of beverages, alcoholic, soft drinks, teas and coffees are available. Please ask your server.

## ALLERGEN INDEX

- |                |                              |                    |                       |
|----------------|------------------------------|--------------------|-----------------------|
| 1. Crustaceans | 5. Nuts                      | 8. Soya            | 12. Celery & celeriac |
| 2. Molluscs    | 6. Cereals containing gluten | 9. Sulphur dioxide | 13. Mustard           |
| 3. Fish        | 7. Milk/milk products        | 10. Sesame seeds   | 14. Lupins            |
| 4. Peanuts     |                              | 11. Eggs           |                       |