



Featuring
The Captains Table
Restaurant

The Cabin & Lounge

Lunch Menu

12.00pm – 3.00pm

Specials



The Cabin & Lounge *Lunch Weekend Menu* 12.00pm – 3.00pm

Starters

- Homemade Fresh Soup of the day served with Garlic Croutons & a Bread Roll €4.95
- Warm Cajun Chicken Salad: Seasonal Leaves, Roasted Red Peppers, Honey & Mustard Dressing €6.95
- Chicken Liver Pate served with Warm Toast & Ballymaloe Relish €5.95
- A trio of Fresh Baked Ciabatta topped with Pesto / Garlic & Herb / Sundried Tomato & Bell Pepper €5.95

Main Courses

- Homemade Italian Style Lasagne served with Salad & Garlic Ciabatta Bread €11.95
- Breaded Goujons of Chicken Breast served with Home Cut Chips, tossed Salad & Barbecue Sauce €12.95
- Fillet of Fresh Salmon glazed with a Garlic Crumb, served with Creamed Potatoes & Vegetables €14.95
- Roast Rib of Beef, Red Wine & Mushroom Jus served with Creamed Potatoes & Vegetables €14.75
- Deep Fried Scampi served with Home Cut Chips, Salad & Tartar Sauce €16.95
- Penne Pasta with a Creamy Bacon, Mushroom, Tarragon Sauce & Garlic Bread €12.95
- Chicken Supreme stuffed with Basil & Mozzarella with chunky Tomato Salsa €12.95

Baked Rooster Potatoes

all served with a tossed salad & topped with one of the following:

- Tuna, Red Onion & Sweetcorn €6.95
- Baked Beans & Cheddar Cheese €6.95
- Spicy Cajun Honey Chicken & crunchy Bell Pepper €6.95
- Homecooked Ham & melted Cheddar Cheese €6.95

Salads

all served with freshly baked brown bread

- Classic Chicken Caesar Salad: Lemon, Oregano & Garlic Chicken, Crisp Lettuce, Croutons and Caesar Dressing with Parmesan Shavings €11.95
- Cold Meat Platter: Home Cooked Meat selection of Ham Beef & Chicken with Salad €11.95
- Buffalo Mozzarella, Sundried Tomato, Pesto with Red Onion & Seasonal Leaves €11.95
- A duo of Ballycotton Smoked Salmon & freshly Poached Salmon with or Cucumber Pickle €11.95

Paninis

all served with home cut chips & salad

- Prime Beef, Cheese & Red Onion €9.95
- Chicken, Tomato, Red Onion & Relish €9.95
- Home cooked Ham, Cheese, Onion & Tomato €9.95

Wraps

all served with home cut chips & salad

- Grilled Bacon, Lettuce, Tomato & Mayo €9.95
- Char Grilled Chicken, Pesto & Sundried Tomatoes €9.95
- Breaded Chicken Goujons, roasted Red Peppers Cheddar Cheese & Sweet Chilli Sauce €9.95
- Sundried Tomato, Red Onions, Peppers, Lettuce & Mozzarella €9.95

Plain & toasted sandwiches

- Toasted special: Ham, Cheese, Onion and Tomato €5.25
- Choice of Ham, Beef, Chicken, Tuna, Salad €5.25

Gourmet sandwiches

- Tuna Melt: Tuna, Tomato, Peppers, Red Onion & Cheddar Cheese on Ciabatta €8.95
- Hot Gravy Sandwich: Hot Roast Meat of the Day, with stuffing & a Lick of Gravy €6.95
- Open Trio of Seafood Sandwich on Brown Bread with Seasonal Leaves & Mary Rose Sauce €8.95
- The Captains Club Sandwich: Grilled Bacon, Chargrilled Chicken, Juicy Ripe Tomatoes, Crisp Lettuce & layered between Toasted Batchy Loaf with Mayo €8.95

Side Orders

- Portion of Coleslaw €1.95
- Sauté Mushrooms & Onions €2.95
- House Salad €2.95
- Baked Potato €3.30
- Home Cut Chips €3.30