

## LUNCH MENU

### Starters

Soup of the Day €7.50  
*Served with our freshly baked penny loaf. (dairy, wheat)*

Irish Chowder €9.50  
*Haddock, smoked cod, hake, king prawns and new potatoes in rich white wine sauce with traditional brown soda bread. (celery, crustaceans, fish, milk, molluscs, sulphites, wheat)*

### Salads

Classic Caesar Salad (vegan on request) €12.00  
*Romaine lettuce, rosemary croutons, parmesan shavings, anchovy dressing and smoked pancetta. (crustaceans, egg, fish, milk, wheat)*  
Starter €8.00 Add Chicken €4.50 Add Prawns €5.50 (crustaceans)

Baby Kale & Goat's Cheese Salad (vegan on request) €15.50  
*Pomegranate seeds, pumpkin seeds, roasted butternut squash, pickled beetroot, mint vinaigrette. (milk, peanuts, sesame seeds, soybeans) Add Chicken €4.50*

### Sandwiches

Harbourmaster Steak & Onion Sandwich €21.00  
*Irish beef, toasted ciabatta, pickled onions, béarnaise with triple peppercorn sauce, fries or soup. (egg, milk, mustard, wheat)*

Rustic Club Ciabatta €16.00  
*Grilled chicken fillet, pancetta, little gem lettuce, tomatoes, smoked cheddar, ranch dressing, fries or soup. (egg, milk, mustard, wheat)*

Classic BLT €14.50  
*Smoked pancetta, little gem lettuce, tomatoes, ranch dressing, fries or soup. (egg, milk, mustard, wheat)*

Avocado Club Sandwich (vegan) €12.50  
*Coconut bacon, tomatoes, little gem lettuce, avocado, vegan cheddar, vegan ranch dressing, fries or soup. (mustard, soy, sesame seeds, wheat)*

### Burgers

Chuck & Brisket Beef Burger €15.00  
*Brioche bun, smoked cheddar, little gem lettuce, smoked pancetta, house tomato relish & French Fries. (egg, milk, mustard, sulphites, wheat)*  
Add onions €1 Make it a Double €16.50

Buttermilk Fried Chicken Burger €16.50  
*Brioche bun, Monterey cheese, little gem lettuce, avocado salsa and French Fries. (egg, milk, mustard, sulphites, wheat)*

Loughnane's Vegan Beetroot Burger (vegan) €18.50  
*Little gem lettuce, avocado salsa, vegan cheddar & French Fries. (mustard, sesame seeds, soy, sulphites, wheat)*

Heart of the IFSC

## LUNCH MENU

### *Favourites*

- Harbourmaster's Famous Chicken Wings €13.00  
Choice of Spicy Butter Sauce, our Bourbon BBQ Sauce or Classic Salt & Chilli.  
(celery, milk, mustard, sulphites)  
Wings & Fries €15.50 (wheat) Add Blue cheese €1.00 (milk)
- Mozzarella Sticks & Chips €12.50  
Sriracha aioli, house ranch, marinara sauce, house dressed green leaves. (milk, mustard, sulphites, wheat)
- Chicken & Hummus Bowl €16.00  
Toasted grains, baby spinach, sliced avocado, pomegranate seeds, pickled onion, toasted almonds. (almonds, egg, milk, mustard, sesame seeds, wheat)
- Southern Fried Buttermilk Chicken Tenders €16.50  
Pepper sauce, ranch dressing, Asian slaw & French Fries. (egg, milk, mustard, wheat)

### *Mains*

- Wild Mushrooms & Riesling Wine Rigatoni €14.00  
Charred leeks, shaved Parmesan, virgin olive oil. (milk, mustard, sulphites, wheat)  
Add Chicken €4.50 Add Prawns €5.50 (crustaceans)
- Super Food Thai Yellow Curry €14.00  
Roasted courgettes, snap peas, chickpeas, jasmine rice and our house flatbread.  
(molluscs, mustard, soy, wheat)  
Add Chicken €4.50 Add Prawns €5.50 (crustaceans)
- Traditional Battered Fish & Chips €18.00  
Minted pea puree, house tartar sauce, charred lemon. (egg, fish, mustard, wheat)
- Grilled Salmon Salad with Avocado & Cucumber Salsa €24.50  
Mixed baby cress, warm blini, cilantro dressing, parmesan crisp. (fish, sesame seeds, sulphites)

### *Steak on a Hot Lava Stone (be careful extremely hot stone)*

- 8oz Rib Eye Steak €36.00  
Portobello mushrooms, house fries, garlic butter, peppered sauce, béarnaise. (egg, milk, sulphites)
- 10oz Sirloin Steak €36.00  
Portobello mushrooms, house fries, garlic butter, peppered sauce, béarnaise. (egg, milk, sulphites)

### *Sides (upgrade €1)*

- |                      |       |                          |       |
|----------------------|-------|--------------------------|-------|
| French Fries (wheat) | €4.00 | Creamy Champ Mash (milk) | €5.00 |
| Green Leaf Salad     | €5.00 | Hummus Dip (egg, nuts)   | €2.50 |