

LUNCH MENU

Starters

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

Irish Chowder €9.95
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 €22.00
Irish beef, toasted ciabatta, pickled onions, béarnaise with triple peppercorn sauce, fries or soup. (egg, milk, mustard, wheat)

Rustic Club Ciabatta €16.50
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) €13.00
Coconut bacon, fresh 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, gluten)
Add onions €1 Make it a Double €17.00

Buttermilk Fried Chicken Burger €17.50
Brioche bun, Monterey cheese, little gem lettuce, avocado salsa and French Fries. (egg, milk, mustard, sulphites, wheat, gluten)

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

Heart of the IFSC

LUNCH MENU

Favourites

Harbourmaster's Famous Chicken Wings
Choice of Spicy Butter Sauce, our Bourbon BBQ Sauce or Classic Salt & Chilli. €13.00
(celery, milk, mustard, sulphites)
Wings & Fries €15.50 *(wheat)* Add Blue cheese €1.00 *(milk)*

Slow cooked Bourbon BBQ Pork Ribs €18.00
Green Apple Salsa, Fries, Roasted baby corn.
(sulphites, gluten, dairy, sesame)

Baked Salmon & Trio of Beans Bowl €22.00
Toasted grains, spinach & baby Kale, avocado, lemon vinaigrette
(mustard, soy, nuts, sesame, dairy)

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
Basil & Cherry Tomato Pesto, shaved Parmesan, virgin olive oil. *(milk, mustard, sulphites, wheat)* Add Chicken €4.50 Add Prawns €5.50 *(crustaceans, nuts)*

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, dairy)

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

8oz Rib Eye Steak €37.00
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 <i>(wheat)</i>	€4.00	Creamy Champ Mash <i>(milk)</i>	€5.00
Green Leaf Salad	€5.00	Hummus Dip <i>(egg, nuts)</i>	€2.50