

# LUNCH

## SOUP AND SANDWICHES

ask your server about allergens

Atlantic seafood chowder, fresh Carlingford mussels, haddock, surf clams, homemade brown bread €9 (1-2-3-5-9)

Soup of the day and homemade brown bread €5.50

Lock keeper,  
glazed ham, caramelized red onion, gruyere cheese, tomato & ginger relish on sourdough €7.50 (1-2-6-7-9-14)

Chicken and avocado puree,  
hot tomato salsa, pancetta, rocket leaves, tomatoes, multi seed rye bread €7.50 (1-2-6-7-9-10-12)

Meatball and parmesan on brioche bun,  
rocket leaves, spiced tomato and chorizo broth €8 (1-2-6-7-9-14)

Five mile goat's cheese on toasted bagel,  
caramelised red onion, crushed pistachio €7 (1-2-7-9-10)

add a cup of chowder €3  
add a cup of soup or chips €2

## MAIN PLATES

Chicken wings: the Barge hot sauce or BBQ and organic sweet molasses, blue cheese and yogurt dip, celery stick €8 (sml) €12 (lrg) (1-2-4-7-9-13-14)

Steamed Carlingford mussels, crab meat, white wine cream, toasted rye bread €8 (2-3-7-8 if can GF with no bread)

Organic quinoa and three bean salad, torn mint, semi dried cranberries, squash, sumac, pomegranate, balsamic dressing €9 (6-9-14 GF)

Prawns pil pil, toasted sourdough €10 (2-3 It can be GF with no bread)

Pork and Guinness swirl sausage, caramelised red onion, red wine jus and leek mash €14 (2-14)

Beef Burger, pickled cucumber, leaves, tomato, streaky bacon, white cheddar, handcut chips €15 (2-4-7-9)

Pale ale battered fried haddock fillet, handcut chips, chunky tartar, sweet pea puree €15 (1-2-3-4-5-7-9)

## LUNCH COMBO

One of our delicious Sambos with any side and a drink €9.50

## SIDES

Beetroot, ginger and apple slaw €2.50 (4-9 GF)

Roasted artichoke hearts, olive oil, and toasted pine nuts €4 (10 V)

Baked cauliflower in bechamel sauce, toasted almond flakes €3.50 (7)

Hand cut chips and chili aioli €4 (4-9-14)

# DESSERTS

## DESSERTS

Lemon meringue, berry compote,  
vanilla cream, fresh raspberry  
and mixed berry sorbet €6  
(4-7 GF)

Dark chocolate and avocado  
mousse, mint and  
lime sorbet €6  
(6-9-14 GF)

Gluten free orange and  
almond polenta cake,  
sweet turmeric creme  
fraiche €6  
(4-6-10 GF)

Chocolate and raspberry  
brownie, salted caramel  
ice cream €6  
(2-4-7)

Selection of Culcow artisan  
ice cream and sorbet with  
candied hazelnut €6  
(2-4-7)

Ask your server for today's special