



# Lunch Menu

Available Monday - Saturday  
12noon - 5pm

*Taste a bit of West Cork magic*



CELTIC  
ROSS  
HOTEL

Celtic Ross Hotel, Rosscarbery, West Cork  
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## All Time Warmer

**Seafood Chowder** €8.50  
Local seafood, brown soda bread (AGF)

**Seasonal Soup** €5.95  
Changing daily, house baked breads (AGF, V)

## Signature Salads

**The Caesar** €7.75(S), €13.75(L)  
Chicken, smoked lardons, parmesan, soft boiled egg, croutons (AGF)

**The Wild Atlantic** €9.95(S), €17.50(L)  
Shrimps, crab claws, smoked salmon, apple dressing, fennel, sun kissed tomato (GF)

**The Greek** €7.95(S), €13.75(L)  
Halloumi chips, fig chutney, roasted cauliflower, dill chimichurri, black olives (GF)

**The Summer Salad** €8.50(S), €15.50(L)  
Balsamic Bushby's strawberries, heirloom tomatoes, buffalo mozzarella, champagne dressing, baby gem (GF, V)

## Speciality Sandwiches

Served with mixed leaves, potato salad and GF crisps

**Lobster and Shrimp Roll** €12.50  
Lobster mayo, fennel and carrot sauerkraut, potato crisps (AGF)

**Skeaghanore Duck Confit Wrap** €10.75  
Shredded duck, blue cheese, fennel sauerkraut, carrot and apricot chutney

**Tandoori Poached Salmon Naan** €10.75  
Smashed avocado, lime yogurt, cherry tomatoes, mixed leaves, dukkha

## Toasted Sandwiches

On Sourdough, Multiseed or Gluten Free Bread. Served with mixed leaves, potato salad and GF Crisps

**The Celtic Toastie** €7.50  
Home-cooked ham, tomato, red onion and Cheddar

**Curried Chicken Melt** €7.50  
Chicken, carrot chutney, curried mayo, goats cheese, pickled cucumbers

**Toasted Chickpea** €7.50  
Falafels, lentil and red pepper hummus, dill chimichurri, pickled red onions

## Casual Dining

**Roaring Water Bay Mussels** €8.95  
Simply Cooked in a garlic cream served with toasted sourdough (AGF)

**Celtic Ross Fish Tacos** €16.50  
Corn tortilla, crispy fish goujons, pickled red onions, lime yogurt, avocado and zingy salsa

**Ever Changing Roast** €14.50  
Nutmeg potato, onion and mushroom casserole, sweet potato purée, sprouting broccoli (GF)

**Fresh Pork Parpadelle** €18.50  
Sorrel butter, Rosscarbery free range pork, braised vegetables, Coolea cheese shavings

**Catch of the Day** €14.50  
Coco bean and saffron stew, sprouting broccoli, tomato salsa (GF)

## Sides

€3.75  
Rosemary and garlic fries  
Green salad  
Carrot, golden raisin and cabbage slaw  
Nutmeg potato  
Cajun spiced sweet potato fries  
Seasonal vegetables  
Ripe tomato salad

### Our Wild Atlantic Way Artisans:

Rosscarbery Free Range Pork, O'Driscoll's Butcher, Macroon Buffalo Dairy, Cape Clear Greens, Clona Dairy, Gubbeen Cheese, West Cork Eggs, McCarthy's Butcher, Seafood Deli, Fish Station, West Cork Olive Company, Shannonvale Foods, Woodcock Smokery, Blue Bell Goat Farm, Culture Food Skibbereen, Bushby Rosscarbery Strawberries, Ummera Smoke House, Baltimore Shitake, Irish Yogurts, John McCarthy Lamb

**GF - Gluten Free, AFG - Ask for Gluten Free, V - Vegetarian**

Widely acknowledged as the foodie capital of Ireland, West Cork is home to a legion of artisan food producers, creating everything from specialist farmhouse cheeses to organic vegetables; Ireland's finest smoked fish; free-range eggs; chicken, pork and beef; traditionally cured charcuterie; locally produced honey, preserves & relishes, and much, much more.

At the Celtic Ross Hotel our Executive Chef, Alex Petit and Head Chef, Shane Deane champion that ethos of sustainability and quality across the hotel's range of dining options. Awarded an AA Rosette for Culinary Excellence  
you are guaranteed that all our fare is ...

*locally sourced, expertly prepared  
& utterly delicious*