

Kitchen's Daily Soup (1-wheat,3,7).....€8.00
freshly baked brown bread

Creamy West Cork Seafood Chowder (1-wheat,3,4,7,9).....€12.50
freshly baked brown bread

Classic Chicken Caesar Salad (1-wheat & barley,3,4,6,7)....Starter €14.00/Main €21.50
grilled chicken fillet, baby gem lettuce, smoked bacon, rosemary croutons, and Caesar dressing

Fish and Chips (1-wheat,3,4,12).....€23.00
deep fried battered haddock with mushy peas, tartare sauce and a lemon wedge

Bangers and Mash (1-wheat,7,9,12).....€17.50
Allshire's Rosscarbery sausages, creamed mashed potatoes, peas and onion gravy

Allshire Beef Burger (1-wheat,3,7,10,12).....€21.50
Allshire Irish 8oz beef burger, lettuce, tomato, red onion, burger sauce, bacon and smoked gouda cheese, brioche bun served with house salad and fries

Butter Chicken Curry (7,8-cashew).....€22.50
medium curry with tomato, coconut, paprika, cayenne, coriander served with boiled rice and poppadom

Vegetarian Pappardelle Pasta (1-wheat,3).....€19.50
artichoke hearts, olives, sundried tomatoes, capers, spinach, and chillies in marinara sauce served with garlic bread (vegan or gluten free available)

Traditional Toasted Sandwich (1-wheat,7,10).....€13.50
Allshire's ham, tomato, cheese and onion served with house salad and fries

Grilled Open Chicken Sandwich(1-wheat,7,10,12).....€14.50
grilled chicken fillet, mediterranean vegetables, basil mayo, and melted brie cheese served with house salad and fries

Open Smoked Salmon Sandwich (1-wheat,3,4,7,10,12).....€15.50
homemade brown bread with pickled cucumber, chive crème fraiche, capers

Philadelphia Steak Sub (1-wheat,7,9,10,12).....€21.00
fried Allshire's steak strips with onion, mushroom, roasted red peppers, provolone cheese in a baguette served with house salad and fries

SIDES

House fries	€4.50
House fries, truffle mayo & parmesan (3,7)	€7.50
Sauteed onions and mushrooms	€4.50
Seasonal side salad (10)	€4.50
Buttered mash (7)	€4.50
Mixed seasonal vegetables (7)	€4.50

ALLERGENS

- 1 Cereals containing gluten
- 2 Crustaceans
- 3 Eggs
- 4 Fish
- 5 Peanut
- 6 Soybeans
- 7 Milk
- 8 Nuts
- 9 Celery
- 10 Mustard
- 11 Sesame seeds
- 12 Sulphur dioxide
- 13 Lupin
- 14 Molluscs

(Some dishes may contain or come into contact with gluten. We cannot guarantee that any menu item is completely free of gluten)



Lunch Menu

Thank you to our suppliers

Caherbeg Free Range Pork & Rosscarbery Recipes owned by the Allshire Family, Woodcock Smokery, West Cork Eggs, Shannon Vale Foods, Gubbeen Cheese, Durrus Cheese, Skeaghanore West Cork Farm, Shellfish De La Mer, Clóna Dairy, Allfresh Wholesale, Glenmar Shellfish Ltd and La Rousse Foods