

QUENCH

Soups & Starters

Atlantic Seafood & Smoked Fish Chowder €8.95

Served with Soda Bread
(1-Wheat,2,4,7,8- Pinenut,9,12,14)

House Soup of the Day €5.75

Served with Soda Bread
(1-Wheat,3,7,9,12)

House Spiced Chicken Wings €7.95

Crispy chicken wings tossed in our hot sauce served the classic way

Main with Skin on Fries €15.50

(1-Wheat,3,7,9,10)

Homemade Fish Cake €7.95

Golden crumbed fish cake, garnished with potato wrapped prawn tail, tossed baby leaves & cucumber pickle

Main with chips €15.50

(1-Wheat,2,3,4,7,9,12)

Salads

Quinoa Salad €8.50

Quinoa grains with rocket and pomegranate Olive and sun kissed tomato, toasted almonds and balsamic dressing

Add Chicken €2.00

(8-Almonds,12)

Quench Chicken Caesar Salad €8.50

Baby gem cos, Smokey bacon, Caesar dressing, rustic croutons, parmesan

Make it Large.. €12.50

(1-Wheat,3,4,6,7,10,12)

Marinated Beetroot Carpaccio Salad €8.50

Crumbled goat's cheese and baked apple sauce

Make it Large... €12.50

Add chicken €2.00

(7,12)

Pizza

Mighty Meaty €15.95

Slow roast chicken, pepperoni, salami and ham Rich tomato sauce and Mozzarella
(1-Wheat,7,9,12)

Vegan Mediterranean €14.95

Sun dried tomato, olive, rocket and rich tomato sauce, Vegan mozzarella
(1-Wheat,6,9,12)

Pepperoni €14.95

Tomatoes and Buffalo Mozzarella topped with Pepperoni slices
(1-Wheat,7,9,12)

Classic Margherita €14.00

Tomatoes and Buffalo Mozzarella
(1-Wheat,7,9,12)

Wraps & Sandwiches

Slow Cooked Pulled Beef Ciabatta €13.95

Warm ciabatta filled with pulled beef, wholegrain mustard mayo & melted cheddar cheese, served with relish and skin on fries
(1-Wheat,3,4,7,9,10,12)

Mediterranean Vegetable Wrap €9.90

Roast veg, vegan cheese, baby spinach, rocket pesto, served with relish and skin on fries
(1-Wheat,3,4,7,8-Pinenut,9,10,12)

Club-Triple Decker €13.95

Grilled bacon, chicken, egg, mayo, lettuce & tomato served with relish and skin on fries
(1-Wheat,3,4,7,9,10,12)

Create your own €6.50

Choose up to 4 fillings from the choice below, toasted or plain, brown or white. Cheese, tomato, onion, salad, egg, ham, tuna, bacon, chicken

Add Soup €4.50

(1-Wheat,3,4,7,10,12)

House Favourites

Seared Fillet of Salmon €17.50

With creamed potato, wilted baby spinach, spring onion and ginger dressing
(4,7,12)

Treaty Ale Battered Cod & Chips €16.70

Fillet of cod in local craft beer batter, home pickled cucumber tartar and house fries
(1-Wheat,Oat,Barley,3,4,7,12)

Red Split Pea, Butternut & Cilantro Dahl

€14.50

With coconut rice, roti and crisp poppadum
(1-Wheat)

Pork & Leek Pork Bangers €14.95

Served with smooth mash, Treaty Ale onion jam and roast gravy
(1-Wheat,7,9,10,12)

Fragrant Green Thai Vegetable Curry €13.95

With coconut rice and crisp poppadum

Add Chicken €2

(1-Wheat)

Chicken & Mushroom Pot Pie €16.50

served with skin on fries
(1-Wheat,3,7,9)

Burgers & Steaks

The Blu Beef Burger €15.95

Irish local beef burger, Treaty Ale onion jam, salad, ranch dressing and Brioche bun, plum tomato, grilled cheese, served with house fries
(1-Wheat,3,7,12)

Crispy Chicken Tower Burger €15.50

Crispy buttermilk Irish chicken fillet, Brioche bun, salad, ranch dressing and house fries
(1-Wheat,3,7,10,12)

Double Vegan Burger €15.50

Curried cauliflower & beetroot patties topped with melted cheese in a pretzel bun with salad, homemade thousand island sauce and house fries
(1-Wheat,9,12)

Tender Irish 8oz sirloin steak €26.95

Rocket and parmesan salad, grilled mushroom and roast vine tomatoes, with Jameson pepper sauce and house fries
(6,7,9,10,12)

Pasta

Irish Beef Lasagna €15.50

Irish beef Bolognese with lasagna pasta & cheese sauce, With house salad and skin on fries
(1-Wheat,6,7,9,12)

Homemade Vegan Lasagna €13.95

Roast Mediterranean vegetables, sun-kissed tomato and vegan cheese lasagna
With skin on chips
(1-Wheat,6,9,10,12)

On The Side

Mash Potatoes €4.00

(7,12)

House Fries €4.00

(1 Traces of Wheat)

Cheesy Garlic Bread €4.50

(1-Wheat,7)

Market Vegetables €4.50

(7)

Side Salad €3.50

(10,12)

Allergan's; 1 Wheat (Containing Gluten) , 2 Crustaceans, 3 Eggs, 4 Fish, 5 Peanuts, 6 Soybean, 7 Dairy, 8 Nuts, 9 Celery, 10 Mustard, 11 Sesame Seeds, 12 Sulphur dioxide, 13 Lupin, 14 Molluscs

QUENCH

White Wine

Cuna del Sol Sauvignon Blanc, Chile €6.75/ €26.50

Aromas of Summer hedgerows and fresh cut grass lead on the palate of crisp red apple and lemon juice

Odd Socks Semillon-Chardonnay, Australia €28

Classic blend, wonderful texture on the palate, delicious fruity flavours of melon & lemon. Fresh & Beautiful!

Villa Cerro Pinot Grigio, Italy €7.50/ €28

Crisp and lean with a palate refreshing cleanliness. It balances creamy, nutty flavour with a lively zesty finish.

Pa Road Sauvignon Blanc, Marlborough New Zealand €36

Tropical Fruit Flavours of Pineapple, mango & kiwi on the palate, ripe mandarin & citrus adding zesty freshness.

Noémie Vernaux Chardonnay, France €7.95/ €30

Full of flavour of juicy apples with smooth, velvet body & a crisp citrus finish. Un-oaked delicate Chardonnay character

Bosman Chenin Blanc, South Africa €32

Straw coloured with quite a full body and a silky smooth texture with flavours of fresh citrus fruits backed up by ripe pears and red apples

Hugo, Markus Huber Gruner Veltliner, Austria €36

Austria's most famous grape is crisp, aromatic with flavours of peach, pear, and apricot with a super-rich finish.

Sauvignon de Touraine, Domaine l'Aumonier, France €38

Layers of gooseberry, kiwi, green apple and pink grapefruit make this a beautifully complete and complex wine.

Etra Albarino, Rias Baixas, Spain €36

Apples, pears, grapefruit, lemon & lime all come to mind with this 100% Albarino from Spains top white wine region

Chablis Domaine des Malandes, Burgundy, France €26.50

Bathed in the pale sunlight of cool-climate northern France and anchored in the Kimmeridgean clay which makes the Chablis region famous

Fizz!

Bosco Prosecco Frizzante, Italy €34

Aromas of flowers and pears introduce this wine with its delicate fruity flavours and mouth tingling bubbles

Bedin Prosecco Spumante, Italy €48

Spumante is a fully sparkling wine with bubbles reminiscent of a Champagne. From the heartland of the Prosecco region, this is quite full bodied an aromatic example with a fine mousse and persistent floral character.

Castelneau Champagne Brut Réserve, France €90

40% Chardonnay in the blend and far more ageing than you r average Champagne gives Castelneau a surprising elegance and complexity. Aromas of hawthorn and elderflower lead on to flavours of white peach and apricot with subtle overtones of roasted almonds and hazelnuts.

A really super Champagne!

Red Wine

Cuna del Sol Merlot, Chile €6.75/ €26.50

A real Summer compote of fruit flavours that leaves a gentle aromatic aftertaste of raspberries, blackberries and plums.

Odd Socks Shiraz, Australia €28

A fully Flavoured wine with intense rich plum, blueberry and mocha notes. The tannins are ripe and dense giving great structure and length to the palate. Oaked.

Terranoble Cabernet Sauvignon, Chile €7.50/ €28

Super ripe fruit flavours of red berries, dark cherries and blackcurrants with soft tannins and seriously long finish

Tlg Tempranillo, Spain €7.95/ €30

An unoaked Tempranillo from Carinena in Spain. There are no harsh edges, just smooth and mellow, fruity Tempranillo

Siete Cuchillos Malbec, Argentina €7.95/ €30

Deep Violet in colour, with a rich, ripe blackberry fruit aroma. There's no wood, just intense, jammy chocolate flavour.

Baron de Ley Rioja Club Privado, Spain €33

Intense ruby red in colour with aromas of strawberry and vanilla, it has a bucket load of juicy fruit on the palate. Universal appeal.

Noémie Vernaux Merlot, France €30

Ripe damson and black cherry fruit flavours are wrapped around a silky smooth texture

Montepulciano d'Abruzzo Tenuta Giglio €34

An intense ruby colour with hints of violet and a nose of ripe Summer berries with a touch of spice. Full bodied on the palate and soft with lingering flavours.

Lafond Cotes du Rhone, France €36

Strawberry & cherry jam across the nose, stewed fruits on the palate

Baron de Ley Rioja Reserva, Spain €44

A modern style of fruit driven Rioja with ripe strawberry flavours nicely seasoned with American oak.

Pa Road Pinot Noir, Marlborough New Zealand €46

On the nose you find raspberries and plums with hints of dried herbs and mocha. Dark berry fruits carry through the palate with soft and velvety tannins and just a touch of oak.

Chateau Les Trois Moulins, Haut Medoc, Bordeaux, France €48

One of the safest bets in the whole of the Haut Medoc, this is the second wine of Chateau Cambon La Pelouse. It is fruity, flavoursome and full bodied year after year. Smooth, opulent and rich in the mouth, it is from the classic 2015 vintage and is drinking beautifully already.

Rosé Wine

Patriarche Rosé, France €30

Light & fruity from the Syrah grape giving fresh cherry flavours and a touch of spice