

QUENCH

SAMPLE MENU

SANDWICHES

THE CLUB - THE CLASSY SANDWICH 13.90
Crispy smoked pancetta, chicken, egg and lettuce
On crusty sourdough
(Contains 1-wheat,3,6,7,10,12)

THE VEGAN CLUB - THE ALTERNATIVE (VEGAN) 11.90
Fried portobello mushrooms
Roasted sweet tomatoes and crunchy gem, sourdough bread
(Contains 1-wheat,6,10,12)

ADD ONS

Cup of soup	3.50
Bowl of soup	6.00
Cup of skinny fries	2.50
House slaw	2.50
Rocket and tomato salad	3.00

SOUPS

CREAMY SOUP OF THE DAY 7.90
Made fresh daily - please enquire with your server for further details
(Contains 1-wheat,6,7,9,12)

SEAFOOD CHOWDER 10.90
Cream based chowder, served with salmon, white fish & mussels
Served with homemade brown bread
(Contains 1-wheat,oat,3,4,6,7,9,12)

SALADS

ROAST PUMPKIN SALAD sm 9.90 lg 14.50
Chickpeas, kale, coriander and pomegranate
Lemon dressing
(Contains 1-wheat,6,10,12)

THE BRASSERIE CAESAR sm 9.90 lg 14.50
Crisp smoky pancetta and buttery focaccia fingers
Our creamy house Caesar dressing tossed baby gem
Served of course with heaps of parmesan shavings
(Contains 1-wheat, barley,3,4,6,7,10,12)

VERMICELLI NOODLE AND CHILLI SALAD sm 9.90 lg 14.50
Full of flavours of crisp vegetables and fresh coriander
Tossed in rice vinegar, gently topped with chili dust
(Contains 6,9,10,11,12) - Vegan

Add chicken or vegan feta style cheese to any of the above
4.00 (Contains 6)
Add seared prawns or poached flaky salmon to any of the above
6.00 (Contains 2,4,7)

WE PROUDLY SOURCE OUR INGREDIENTS FROM:

FRUIT & VEGETABLES

Dole Fruit & Veg - Tralee - Co Kerry
Ballysteen Micro Herbs - Askeaton - Co Limerick
Cecil Gallagher - Askeaton - Co Limerick
Tom O'Brien Mushrooms - Co Roscommon
McCormack Farm - Dunsany - Co Meath

MEAT & FISH

Liffey Meats - Irish Beef - Co Cavan
Kepack - Irish Beef - Co Meath
Irish Chicken Supremes - Quigleys - Co Cork
Bacon - Aadarl - Castlebar - Co Mayo
Star Seafood - Kenmare - Co Kerry

OTHER

Sysco - Newcastlewest
Treaty Ale - Limerick
La Rousse Foods - Dublin
Sheeps Cheese - Cratloe - Co Clare

All our beef and pork is of Irish origin unless stated otherwise and our chicken is of EU origin. Whilst every care is taken to ensure our dishes do not contain allergens other than listed for each dish, traces may be present due to the nature of our kitchens and operations. Please inform your server if you suffer from any food allergy or have other dietary requirements.

1-Cereals cont. Gluten, 2-Crustaceans, 3-Eggs, 4-Fish, 5-Peanuts, 6-Soybeans, 7-Milk, 8-Nuts, 9-Celery, 10-Mustard, 11-Sesame Seeds, 12-Sulphites, 13-Lupins, 14-Molluscs

QUENCH

DINNER

SERVED FROM 17.00

PIZZA

CLASSIC MARGHERITA 15.50
*San Marzano tomato pizza sauce
West Cork mozzarella and fresh basil
(Contains 1-wheat,3,6,7,9,10,12)*

THE GUBBEEN 16.90
*Chorizo from Gubbeen, rocket and crisp onion
(Contains 1-wheat,3,6,7,9,10,12)*

VEGAN MOZZARELLA & FETA CHEESE 17.50
*Sundried tomato, jalapeno and rocket
(Contains 1-wheat,6,10,12)*

BUILD YOUR OWN PIZZA
Choose one of the above and add extra toppings at 1.00 ea

*Chicken, bacon, ham, pepperoni, salami, pulled BBQ chicken, spiced beef,
pineapple, onion, tomato, jalapeno, mushroom, sweetcorn, roasted peppers,
rocket (Contains 10)*

SWEET CHOICES

CARAMEL & PECAN NUT BROWNIE 8.90
*Covered in toffee sauce and hazelnut ice cream
(Contains 1-wheat,3,7,8-pecan&hazelnut)*

SICILIAN LEMON CAKE 8.90
*With raspberry sorbet and freeze-dried raspberry crumbs
(Contains 1-wheat,6) - Vegan*

SELECTION OF BOULABAN ICE CREAM 8.50
*Please ask your server
(Contains 1-wheat&barley,3,6,7,8-various,12)*

KNICKERBOCKER GLORY - The Classic 8.90
*Strawberry and vanilla ice cream, strawberry syrup
Fresh mango and candied pistachios
(Contains 3,7,8-pistachio,12)*

CARPACCIO OF PINEAPPLE 8.90
*With chilli sweetness and salted caramel ice cream
(Contains 1-wheat,7,8-hazelnut) - Vegan optional*

IRISH FARMHOUSE CHEESE SELECTION 14.50
*Grapes, celery, cheese biscuits and chutney
(Contains-1 wheat, oat,rye,3,6,7,8-almond,hazelnut,9,10,11,12)*

HOT DISHES

STICKY CHICKENWINGS sm 11.90 lg 15.90
*Finished in a honey and soy sauce with chilli and Spring onion
Sprinkled with toasted sesame seeds
(Contains 6,9,10,11,12)*

ROAST OF THE DAY 17.50
*Served as it should be
Creamy potatoes and sweet roasted seasonal vegetables
The server will know more - please ask!
(Contains 6,7,9,12)*

FRESH FISH N CHIPS 19.90
*Limerick Treaty Ale Battered hake fillet served crispy golden brown
Chef's house pickle tartar sauce with a zest, traditional mushy peas
(Contains 1-wheat,3,4,6,7,10,12)*

HOUSE BEEF BURGER 21.50
*7oz steak burger with Hegarty cheddar in brioche bap
Mildly spicy & smoky burger sauce, baby gem and spiced fries
(Contains 1-wheat,3,6,7,9,10,12)*

HEALTHY GREEN LENTIL & BUTTERNUT SQUASH CURRY 15.50
*Chickpeas, fresh coriander, toasted cashew nuts
Fragranced coconut & basmati rice
(6,8-cashew,9,12) - Vegan*

*Add chicken or vegan feta style cheese to above 4.00 (Contains 6)
Add seared prawn tails to above 6.00 (Contains 2,7)*

SIDES

Sweet potato & truffle mayonnaise fries 5.50
(Contains 3,7,10,12)

Bacon roast potatoes with parmesan 4.50
(Contains 7,9,12)

Dirty fries - topped with bacon, cheese and pepper sauce 4.50
(Contains 7,9,12)

Roast plum cherry tomato & rucola salad 4.50
(Contains 12)

Tenderstem broccoli in almond butter 5.00
(Contains 7,8-almond)

Maple braised root vegetables 5.00
(Contains 7,9,12)

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