QUENCH

DINNER SERVED FROM 17.00

S A N D W I C H E S		SALADS	
THE CLUB - THE CLASSY SANDWICH Crispy smoked pancetta, chicken, egg and lettuce On crusty sourdough (Contains 1-wheat,3,6,7,10,12)	13.90	ROAST PUMPKIN SALAD Chickpeas, kale, coriander and pomegranate Lemon dressing (Contains 1-wheat, 6, 10, 12)	sm 9.90 lg 14.50
THE VEGAN CLUB - THE ALTERNATIVE (VEGAN) Fried portobello mushrooms Roasted sweet tomatoes and crunchy gem, sourdough bread (Contains 1-wheat,6,10,12)	11.90	Crisp smoky pancetta and buttery focaccia fingers Our creamy house Caesar dressing tossed baby gem Served of course with heaps of parmesan shavings	sm 9.90 lg 14.50
ADD ONSCup of soup3.5Bowl of soup6.0Cup of skinny fries2.5House slaw2.5Rocket and tomato salad3.0	00 50 50	(Contains 1-wheat, barley,3,4,6,7,10,12) VERMICELLI NOODLE AND CHILLI SALAD 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	sm 9.90 lg 14.50
		Add chicken or vegan feta style cheese to any of above (Contains 6) Add seared prawns or poached flaky salmon to any of (Contains 2,4,7)	
S O U P S		i	······································
CREAMY SOUP OF THE DAY Made fresh daily – please enquire with your waiter for further details (Contains 1-wheat,6,7,9,12)	7.90	PIRI PIRI CHICKEN SALAD Warm hand sliced piri piri spiced chicken Pear compote and sweet roast cherry tomato	sm 13.50 lg 17.50

Topped with shoestring sweet potato

(Contains 6,10,12)

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

SAMPLE

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

PIZZA

15.50 CLASSIC MARGHERITA 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) 17.50 **VEGAN MOZZARELLA & FETA CHEESE** 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-peacan&hazelnut) SICILIAN LEMON CAKE 8.90 With raspberry sorbet and freeze-dried raspberry crumbs (Contains 1-wheat, 6) - Vegan 8.50 SELECTION OF BOULABAN ICE CREAM Please ask your server (Contains 1-wheat&barley, 3, 6, 7, 8-various, 12) 8.90 KNICKERBOCKER GLORY - The Classic Strawberry and vanilla ice cream, strawberry syrup Fresh mango and candied pistachios (Contains 3,7,8-pistachio,12) 8.90 CARPACCIO OF PINEAPPLE With chilli sweetness and salted caramel ice cream (Contains 1-wheat, 7, 8-hazelnut) - Vegan optional 14.50 IRISH FARMHOUSE CHEESE SELECTION 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) set the set of			
17.50			
19.90			
21.50			
15.50			
5.50			
4.50			
4.50			
4.50			
5.00			
5.00			

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