



# MAIN HALL INSPIRE RESTAURANT – SHOWCASE 2019

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## BREAKFAST

*Great care has been taken with sourcing the finest Irish products to create a tasty and wholesome breakfast menu for you to enjoy*

**Irish breakfast**, Loughnanes award winning grilled pork sausage with Callan's cured back bacon rashers, Loughnanes black and white pudding, grilled tomato, hash brown, Kelling's sautéed thyme buttered mushrooms, Riverview scrambled free range eggs and Arun bakery sour dough toast. **€13.50**

**Moroccan baked eggs**, chorizo, tomato, zaatar, chickpea, harissa and coriander avocado toasted sourdough **€12.85**

**Acai smoothie bowl**  
Toasted quinoa granola, mixed berries, passion fruit, coconut chunks, cacao nibs, bee pollen **€9.85**

**Real Juices** – *Raw juices contain amazing micronutrients that are absorbed straight into the bloodstream, freeing up extra energy to allow for deep detoxification. All are Gluten Free, Dairy Free, and Vegan Friendly.* **€5.00**

### Choose from:

Green Ginger Tonic

Green Up beet

Liquid Lunch

**Lumley's Pastries**, choose from a selection of croissants, scones, muffins and pastries, freshly baked by our friends at Lumley's Bakery **€3.10**

## LUNCH MENU

**Soup of the day**, served with a selection of artisan and sourdough bread **€6.10**

**Country style beef, tomato and vegetable soup**, with French baguette **€6.10**

## MAIN COURSE

€16.90

### Cold Choice:

Smoked Co. Tipperary beef, salsa Verdi

Chargrilled organic miso salmon, pickled daikon and plum sauce

Corn and spring onion patties, peanut and cucumber sauce

Chicken and chorizo croquette, romesco sauce

### Hot Choice:

Roast forerib of beef, garlic and rosemary, roast pan gravy, Yorkshire puddings

Roast Loin of Gammon, maple brine, braised leeks and mustard

### Main course

Breaded Manor Farm chicken Italian, stuffed with basil, spinach and mozzarella, served with cacciatore sauce

Miso and ginger marinated salmon, Japanese noodles, teriyaki vegetables and crispy shallots

All butter Pithivier, filled with Spinach, butternut squash, feta cheese and

### Special of the day:

**Braised lamb rump, creamed potatoes, parsnips, carrots, celery and minted peas (Sunday)**

**Hearty feather blade of beef cooked slow with chunky vegetables, shallots and red wine (Monday)**

**Belly of pork, sweet and sour red cabbage, mustard crushed potatoes (Tuesday)**

**Vegetarian special of the day (See Special List)**

### SALADS

Small Plate (Choose two from selection below)

€9.50

Large Plate (Choose four from selection below)

€13.50

Choose from:

Green bean, caramelised onion, chilli, garlic and tamari soy sauce

Tender stem broccolini

kale, edamame beans, parmesan, bacon bits

Mograbiah cous cous

seasonal vegetables, Chilean flame raisins, golden sultanas, toasted pine nuts, Medjool date dressing

Savoy cabbage

red cabbage, peppers, charred corn with spiced peanuts

## DESSERTS AND CAKES

**Coole Swan strawberry cheesecake** €6.10  
Light cheesecake made with an artisanal local cheese filled with fresh strawberry on a baked biscuit base

**Carrot and walnut cake** €6.10  
white chocolate dipped honeycomb, pistachio crumb

**Raspberry tarts with pistachio** €6.10  
Light & delicate chocolate sable pastry case filled with Satin white chocolate with notes of Madagascan vanilla, raspberries and pistachio crumb

**Rocky Road, popcorn slab** €3.10

**Paddy O's Granola and Honey Bars** €3.10

**Chocolate and Walnut Brownie** €3.10

**Gluten Free Coconut and Chocolate Macaroons** €3.10

### Hot Beverages

Tea €2.60

Herbal Tea €2.80

Filter Coffee €2.80

Single Espresso €2.40

Double Espresso €2.90

Americano €3.10

Cappuccino/Latte ⑦ €3.40

Mocha ⑥ ⑦ €3.75

Hot Chocolate ⑥ ⑦ €3.65

### Cold Beverages

Mineral Water €2.50

Soft Drinks €2.60

Coke €2.70

Fresh Fruit Juice €3.10

Selection of Bottled Beers ⑫ €6.00

Red or White Wine ⑫ €7.20

### Other

Fresh Fruit piece €1.00

Chocolate Bars (see back of pack for allergen information) €1.70

Artisan Crisps (see back of pack for allergen information) €1.70