

# LUNCH MENU

(SERVED MON-FRI 12.00pm - 3.00pm)

## Full a la Carte Menu

### Dinner

(Available 3pm-10pm Mon - Sun)



Facebook.com/McgettigansCookhouseBar

Twitter.com/mcgettigansdub

## STARTERS

### McGETTIGANS SIGNATURE STARTERS

CHICKEN WINGS 1 wheat,3,7,9,12	8.95/13.50
Your choice of house made hot sauce(7) or BBQ sauce (6,11) all served with a blue cheese dip(7) & celery	
CHOWDER 1 wheat,2,4,7,14 GFA	9.50
cream based with fresh seafood and shell fish, Served with Guinness bread	
SLOW COOKED PORK BELLY 1 wheat & oatmeal,11,12	9.95
Black pudding, apple & watercress	
CHILLI & GARLIC BUTTERED PRAWNS 1 wheat,2,7	11.95
Tiger prawns pan-fried with garlic & chilli in olive oil, served with toasted sourdough	
SOUP OF THE DAY 1 wheat,7	6.25*
with Guinness Bread	
BLUE CHEESE SALAD 7,8 walnut,10,12	10.95/13.95
Red endive and frisee lettuce, poached quince, candied walnuts & walnut dressing	

## UNDER 500 CALORIES

SUPERFOOD SALAD 8,7,10,12	9.95/15.50
Spinach, baby gem, kale, quinoa, sweet potato, walnuts, avocado, broccoli, feta, beetroot & vinaigrette <b>add Chicken 3.00; add Beef 4.00; add Prawns 4.00; 2,4 add Halloumi Cheese 3.00</b>	
CLASSIC CAESAR SALAD 1,3,4,7 GFA	9.00/13.00
Cos, parmesan, crispy bacon and boiled egg <b>add Chicken 3.00</b>	
TORCHED PICKLED MACKEREL 4,7	11.95
Green tomato salad, buttermilk, horseradish & dill	

## MAIN COURSES

### McGETTIGANS SIGNATURE MAIN COURSES

HOMEMADE STEAK BEEF BURGER 1 wheat,3,10,11	18.95
Applewood smoked cheddar, grilled baby gem, beef tomato, red onion, bacon, pickled gherkins & mustard mayo, served on a charcoal bun with fries	
GRILLED CAJUN CHICKEN BURGER 1 wheat,3,7,11	18.95
Spinach, chorizo spread, beef tomato, red onion & goats cheese served on a charcoal bun with fries	
JACOBS LADDER 1 Wheat,6,9,10,12	21.95
Slow cooked rib of beef with soy glaze, crispy shallots, roast baby carrots and skinny fries	
FISH & CHIPS 1 Wheat,3,4,12	17.95
Lightly battered fillet of fresh cod , home-made tartar sauce & pea puree, charred lemon and Cookhouse fries	
10 oz SIRLOIN STEAK 1 wheat, 6,7,9,12	28.95
Watercress salad and fries Choice of garlic butter, pepper sauce or red wine jus	
WILD MUSHROOM RISOTTO 7,8 (walnut),9,12	16.95
Homemade ricotta cheese, girolle mushrooms, walnut dressing & watercress salad	
VEGETARIAN BLACK BEAN BURGER 1 wheat, 3,6,7,9,11	16.95
Beef tomato, baby gem, raita, served on a charcoal bun and fries	

**For today's Chef specials please see your server**

## SUPPLIERS LIST

We proudly support the following local suppliers:  
Doyle Meats, Kish Fish, Doyle's Veg, La Rousse and Cuisine de France.

## McGETTIGANS GOURMET SANDWICH SELECTION

CLUB SANDWICH 1 wheat,3,7	11.95
Triple decker with Chicken, Bacon, lettuce, tomato & egg	
6OZ SIRLOIN STEAK SANDWICH 1 wheat,3,7,12	12.00
On toasted olive ciabatta with semi roasted tomatoes, sweet balsamic, rocket and horseradish mayo	
BAKED HAM AND MONTEREY JACKS 1 wheat,3,7,10,	8.75
On toasted glass bread with cos lettuce, spring onion, cucumber, and light mustard mayonnaise	
OPEN CRAYFISH 1 wheat,2,3,4,7	9.50
On cookhouse Guinness bread with smoked salmon in a dill and lime mayo	

## PIZZA

<b>12" Gourmet Pizzas made with our own tomato &amp; herb sauce</b>	
MARGHERITA 1 wheat, 7	14.95
Mozzarella cheese, sun dried tomato, black olives	
PEPPERONI 1 wheat, 7,12	15.95
Mozzarella cheese loaded with pepperoni	
FUNGI 1 wheat,7	14.95
Mozzarella cheese, wild mushroom & rocket salad	
PARMA HAM 1 wheat, 7,12	19.95
Mozzarella cheese, parma ham, sun dried tomato, rocket salad & parmesan shavings	

## SIDES

COOKHOUSE FRIES 1 Wheat	4.25
CHUNKY CHIPS 1 Wheat, 12	4.50
SWEET POTATO FRIES 1 Wheat, 12	4.95
TEMPURA BATTERED ONION RINGS 1 Wheat	4.50
CHARD TENDER STEM BROCCOLI	4.95
Roast fennel and lemon oil dressing with toasted pine nuts	

## DESSERTS

### McGETTIGANS SIGNATURE DESSERTS

CHOCOLATE BROWNIE 1 wheat,,3,5 peanut,7	6.95
Kahlua caramel, peanut butter ice-cream & candied walnuts	
BABY GUINNESS 1 wheat,3,7,8 Hazelnut	6.95
Caramel jelly & Guinness chocolate mousse with hazelnut praline & County Wexford Guinness ice cream	
LEMON & CARDAMON POSSET	7.25
Candied walnut, blackberries, mixed berry ice cream & ginger bread snap 1 wheat, 3,5 walnut, 7	
PROFITEROLE	7.25
Filled with Co. Wexford hazelnuts ice cream glazed with Baileys chocolate sauce 1,3,7,8 Hazelnut	
DESSERT OF THE DAY	Please ask your server

All of our beef is 100% Irish and traceable. Should you have any special dietary requirements please inform your server.

**ALLERGEN LIST: 1 Gluten & Wheat, 2 Crustaceans, 3 Eggs, 4 Fish, 5 Peanuts, 6 Soya, 7 Dairy, 8 Nuts, 9 Celery, 10 Mustard, 11 Sesame, 12 Sulphites, 13 Lupin, 14 Molluscs.**