

# LUNCH MENU

(SERVED DAILY 12.00pm - 3.00pm)

## Full a la Carte Menu



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### STARTERS

SOUP OF THE DAY Served with rustic bread	6.50
POTTED DONEGAL CRAB Watercress, capers, mayo & brioche toast	8.95
AWARD WINNING COOKHOUSE SEAFOOD CHOWDER Cream based with fresh seafood and shell fish, rustic bread	8.50
CAESAR SALAD Baby gem, parmesan, crispy bacon <b>(Add chicken 2.00/3.00)</b>	8.00/12.00
SLOW ROAST BABY BACK RIBS Ginger & Hoisin sauce, watercress salad	7.95
TIGER PRAWN & SQUID TEMPURA Marinated bean sprouts, mild chilli dressing	9.95
CRISPY CHICKEN WINGS House made hot sauce, teriyaki glaze, BBQ sauce & blue cheese dip	7.95/9.95

### UNDER 500

(Guilt free meals below 500 calories)

SUPERFOOD SALAD (400 Calories) Spinach, baby gem, kale, quinoa, sweet potato, walnuts, avocado, broccoli, feta, vinaigrette, beetroot <b>add Chicken 3.00; add Beef 4.00; add Prawns 4.00; add Smoked Salmon 4.00; add Halloumi Cheese 3.00</b>	14.00
AVOCADO & SHRIMP COCKTAIL (330 Calories) Iceberg lettuce, brandy flavoured cocktail sauce	17.50
SEAFOOD LINGUINI (490 Calories) Linguini, tiger prawns, mussels, lemon vermouth cream, coriander & parmesan	18.00
CAULIFLOWER & CHICKEN CHILI (432 Calories) Chicken, cauliflower, green peppers, beans	15.50
SHAVED ASPARAGUS SALAD (395 Calories) Shallot, asparagus, arogula, tomato, feta, lemon, olive oil	13.50
GOATS CHEESE SALAD (495 Calories) Mixed leaves, green lentils, beetroot, broccoli, sun dried tomato, green beans, toasted cashews, figs, pomegranate, berry & balsamic coulis <b>add Chicken 3.00; add Beef 4.00; add Prawns 4.00; add Smoked Salmon 4.00</b>	14.00

### McGETTIGANS GOURMET SANDWICH SELECTION

OPEN PRAWN COCKTAIL AND SMOKED SALMON Lettuce, avocado, marie rose sauce, homemade brown bread, smoked salmon <b>For the sandwiches below choose your freshly baked bread – chargrilled flatbread, sourdough, Cookhouse brown soda, ciabatta</b>	9.00
COOKHOUSE CLUB Chicken, avocado, bacon, lettuce, tomato & mayo	9.00
STEAK, ONION AND MUSHROOM Lettuce, tomato and chipotle mayonnaise	10.95
BAKED HAM & EMMENTAL with tomato, lettuce and chipotle mayonnaise	7.50
GOURMET SANDWICH OF THE DAY <i>Please see blackboard</i>	Priced Daily

**Add a small soup or skinny fries 3.00**

### MAIN COURSES

10 oz SIRLOIN STEAK Roasted shallots, peppercorn sauce, rocket, lemon oil	24.95
VEGETABLE STIR FRY with rice or noodles <b>add Chicken 3.00, add Beef 4.00, add Prawns 4.00</b>	16.00
COOKHOUSE FISH and CHIPS Tempura battered fillet of fresh cod, home-made tartar sauce and pea puree. Cookhouse fries	16.50
ASPARAGUS & WILD MUSHROOM RISOTTO Rocket & parmesan shavings	16.00
ROAST CRISPY HALF DUCKLING Berry sauce, stir-fry vegetables & egg noodles	18.00
SALMON FILLET with tomato & basil mash, chargrilled courgette and a citrus hollandaise sauce	19.95
WEST COAST MUSSELS Shallot, garlic cimbatta, white wine cream sauce	16.50
ANTIPASTI BOARD Selection of smoked and cured meats, smoked Irish salmon, hummus, olives, mixed leaves, rustic bread	9.95/15.95

**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 Boulangerie des Gourmets.

### BURGERS

8oz IRISH BEEF BURGER Lettuce, tomato, onion, smoked applewood cheese, chipotle mayonnaise, brioche bun	15.50
GRILLED MEXICAN CHICKEN BURGER Spiced fillet of chicken, iceberg guacamole, mayo, jalapeno & tomato	15.50
FALAFEL BURGER Lettuce, pickled red cabbage, harissa yoghurt, tomato, served in a brioche bun	14.50

**All burgers served with cookhouse fries Add bacon 1.00**

### PIZZA

**12" Gourmet Pizzas made with our own tomato & herb sauce**

COOKHOUSE VEGGIE Artichoke, olive, mushroom, mozzarella, basil, pepper, rocket pesto	12.95
COOKHOUSE MEAT LOVER Salami, chorizo, smoked pancetta, pepperoni, red onion	14.95
COOKHOUSE SPECIAL	PRICED DAILY
CLASSIC MARGHERITA	12.95

### SIDES

GARLIC BREAD	3.50
CAESAR SALAD	3.50
COOKHOUSE SKINNY FRIES	3.50
BUTTERED SEASONAL VEGETABLES	3.50
CHUNKY CHIPS	4.00
MIXED LEAF SALAD, LEMON OIL	3.50
GUINNESS BATTERED ONION RINGS	3.50
SWEET POTATO FRIES	4.50
CREAMED POTATOES	3.50
SAUTÉED MUSHROOMS & ONIONS	4.00

### DESSERTS

CLASSIC CRÈME BRULEE - Caramel glass	6.75
CHOCOLATE MOUSSE - Orange confit	6.75
COOKHOUSE CRUMBLE - Vanilla bean Ice cream	6.75
HEALTHY COCONUT CAKE - Coconut syrup	6.75
WARM CHOCOLATE BROWNIE - with vanilla bean Ice cream	6.75
ICE CREAM SELECTION - Cookhouse cookie	6.00
HEALTHY MOCHA CAKE - Vanilla frosting	6.75
SELECTION OF CHEESES with crackers & onion confit	9.95

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

**ALLERGEN INFORMATION AVAILABLE ON REQUEST**