

SAMPLE MAIN COURSES

Fresh Grilled Monkfish Fillets

Rolled in cracked black pepper & served with fresh spinach on a roasted red pepper sauce
Served with seasonal vegetables & potatoes of the day

Roasted Red Pepper & Goats' Cheese Penne Pasta

Penne pasta in a roasted red pepper sauce with melting goats' cheese Served with tossed leaves
& garlic bread

Traditional Irish Stew

Slow cooked Irish Lamb with vegetables and potatoes

12 oz. Sirloin Steak

Slow roast tomatoes & sauteed mushrooms Peppercorn sauce or garlic butter Served with fresh
seasonal vegetables & potatoes of the day or tossed salad & fries

10 oz. Prime Irish Beef Fillet

Cooked to your liking & garnished with onion rings, sauteed mushrooms & onions Choose from
peppercorn sauce or garlic butter Served with fresh seasonal vegetables & potatoes of the day or
tossed salad & fries

Kenmare Bay Salmon Fillet

Pan-fried fillet of Kenmare Bay Salmon with Sauteed Potatoes & a White Wine Sauce

Lemon Sole Parcels

Fresh lemon Sole with a prawn & herb stuffing on a bed of Sauteed leeks, with a white wine
sauce

Pan Fried Breast of Chicken

Succulent Chicken Breast with a Lemon and herb stuffing & Chicken jus

SAMPLE DESSERTS

Homemade Apple & Berry Crumble

Served with freshly whipped cream

Homemade Bread & Butter Pudding

Served with a raspberry compote and freshly whipped cream

Warm Chocolate Fudge Cake

Served with vanilla ice cream & chocolate sauce