

LUNCH

Locally Sourced, Seasonally inspired



Soup of the day , Seagull Bakery bread	(1, 9)	€4.80
GRAB and GO -choose two below with tea/coffee/cordial		€10.50
SOUP/SALAD/SAMBO		
Momo salad plate , Seagull Bakery bread	(1)	€6.80
	add chicken / falafel	€3
Toasted sandwich -choice of up to 4 fillings served with salad chicken/ham/bacon/onion/tomato/cheddar/smoked Knockanore cheese/hummus/peppers goat cheese/red onion marmalade /organic leaves (1)		€8.35
Falafel wrap Dukkah, tahini dressing, leaves, pickled slaw, dips (1,7,8,12)		€8.35
Herb marinated chicken burger buffalo mozzarella, cherry tomato and basil salsa, pesto, chips, salad	(1,9)	€14.20
Linguini pasta , Mediterranean vegetables in an arrabiata sauce		Vegeterian €12.50
		Chicken €14.50
	(1)	Prawns €15.00
Greek style lamb kofta kebab , feta cheese, olives, tzatziki, flat bread	(1,9)	€13
Momo meaty hash salad , meat of the day, fried potatoes, caramelised onion, seasonal vegetables, toasted sourdough and herb salsa	(1)	€13.20
Marinated Asian style chilli beef wrap , chips, salad	(1)	€14
Thai yellow curry , papadum, basmati rice	(2, 4, 5,13)	Veg €13.20
		Chicken / Seafood €15.50
Fresh fish of the day , in lemon & seaweed batter chips, salad, dips	(4,9)	€13.20
Bang bang spicy cauliflower , Asian salad.	(6,12)	€10.50
SIDES		€3.50
chips (add chilli & parmesan €1),side salad, patatas bravas (add chorizo €1) , mash,seasonal vegetables, Seagull bakery bread plate (€1 per portion), vegetable tempura (€4), olives, sweet potato wedges, dips €1		
Chocolate & berry brownie , berry coulis, vanilla ice cream	(3,9)	€6.80
Pavlova with poached rhubarb , rosewater, rosemary, & chantilly cream	(3,9)	€6.80
Coffee & caramel panna cotta , puff pastry tuille, nut crumb	(1,8,9)	€6.80
Vegan lime & coconut "cheesecake"	(8)	€6.80
Chocolate fondant , mint ice cream, seasonal fruit	(1,3,9)	€7.85
Selection of homemade ice cream	(3,8,9)	€6.30
Irish cheese board , red onion marmalade, crostini	(1,9)	€7.85

THE SUNDAY TIMES
Ireland's 100 Best Restaurants
The McKenna's Guide

Our Local Suppliers

O'Flynn's Butchers, Knockanore Cheese, Seagull Bakery
Dunphys of Annetstown, Ballybeg Greens, Seatrade Fish, The Sea Gardener
Gubeen, Meadowfield Farm, Toons Bridge Dairy, The Real Olive Company

Allergens listed on reverse. If you have any special dietary requirements or needs,
please let your server know and we will do what we can to cater for you.

Most dishes are available in Gluten Free options on request.

