

# LUNCH

Locally Sourced, Seasonally inspired



<b>Soup of the day</b> , Seagull Bakery bread	(1, 9)	€4.50
<b>GRAB and GO</b> -choose two below with tea/coffee/cordial		€10
SOUP/SALAD/SAMBO		
<b>Momo salad plate</b> , Seagull Bakery bread	(1)	€6.50
	add chicken / falafel	€3
<b>Toasted sandwich</b> -choice of up to 4 fillings served with salad		€8
chicken/ham/bacon/onion/tomato/cheddar/smoked Knockanore cheese/hummus/peppers		
goat cheese/ gherkin /red onion marmalade /organic leaves	(1)	
<b>Falafel wrap</b> Dukkah, tahini dressing, leaves, pickled slaw, dips	(1,7,8,12)	€8.00
<b>Beef Burger</b> tomato relish, Knockanore smoked cheese, streaky bacon, gherkin,		€13.50
crispy onions served with chips and salad	(1,9,13)	
<b>Pappardelle pasta, chargrilled lemon chicken</b> , sun-dried tomato in a		€13.50
smoked paprika cream sauce, garlic crostini	(1,9,13)	
<b>Natural smoked cod pie</b> , topped with mash potato, Knockanore cheese		€13.50
served with salad	(4,9,10,13)	
<b>Momo meaty hash salad</b> , meat of the day, fried potatoes, caramelised onion,		€12.50
seasonal vegetables, toasted sourdough	(1)	
<b>Marinated chicken fajitas</b> tortilla wrap, chips, salad, dips	(1, 9)	€12.50
<b>Thai yellow curry</b> , papadum, basmati rice		Veg €12.50
		Chicken / Seafood €14.50
		(2, 4, 5,13)
<b>Fresh fish of the day</b> , in lemon batter, chips, salad, dips	(4,9)	€12.50
<b>Chargrilled sticky spiced cauliflower pilaf rice</b> , yogurt dip, crispy onion		€11.50
almond flakes	(8)	
<b>SIDES</b>		€3.50
chips (add chilli & parmesan €1),side salad, patatas bravas (add chorizo €1) , mash,		
seasonal vegetables, Seagull bakery bread plate, vegetable tempura, olives, sweet potato wedges, dips €1		
<b>DESSERTS:</b>		
<b>Hazelnut brownie</b> ,		
Creme anglaise, chocolate soil, vanilla ice cream	(3,8,9)	€6.50
<b>Sticky toffee cake</b> ,		
toffee sauce, caramalized orange, ice cream, Italian meringue	(3,9)	€6.50
<b>Pavlova with flambé pineapple</b> ,		
pineapple caramel, roasted coconut (vegan option available)	(1,3,9)	€6.50
<b>Spiced apple and plum crumble</b> , vanilla ice cream	(3,9)	€6
<b>Chocolate fondant</b> ,		
honeycomb, Baileys ice cream, glazed cherries	(3,9,13)	€7.50
<b>Selection of homemade ice cream</b> ,	(3,9)	€6
<b>Irish cheese board</b> , red onion marmalade, crostini	(1,9,13)	€7.50

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



## Our Local Suppliers

O'Flynn's Butchers, Knockanore Cheese, Seagull Bakery  
Dunphys of Annestown, Ballybeg Greens, Seatrade Fish, Aurelia Foods,  
Metalman Brewery, Dungarvan Brewery

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.

