

SOUP

TODAY'S SOUP 6⁰⁰

Served with homemade Irish stout bread & butter.

Please ask your served for allergens

TRAD SEAFOOD CHOWDER 12⁰⁰

Creamy fish velouté, chunky fish, lemon & homemade Irish stout brown bread.

1 (wheat, barley, rye) 2, 3, 4, 7, 9, 10, 11, 12, 13

MAIN EVENT

IPA BATTERED FISH N' CHIPS 18⁵⁰

GBB IPA battered fish fillet, homemade tartar sauce, mushy peas, lemon & twice cooked chips.

1 (wheat, barley) 3, 4, 6, 12

LOADED ROOSTER FRIES 14⁰⁰

Twice cooked chips loaded with buttermilk chicken, smoked streaky bacon, taco sauce, garlic mayo, Monterey jack & cheddar cheese.

1 (wheat, barley), 3, 6, 7

THAI RED CURRY 16⁰⁰

Medium spiced curry fussed in coconut milk, kaffir leaves & lemongrass. Served with basmati rice.

ADD CHICKEN 3⁰⁰

2, 6, 9, 10, 11, 12

CHICKEN & CHORIZO PASTA 18⁵⁰

Rigatoni pasta served with roast red peppers and chorizo cream sauce, red pesto & garlic bread.

1 (wheat, barley) 3, 7, 12

BUTTERMILK FRIED CHICKEN

13⁰⁰ SMALL 19⁵⁰ LARGE

Served with chilli mayo & twice cooked chips.

1 (wheat, barley) 3, 6, 7, 10, 11, 12

SALAD BOWLS

RANCH SALAD 15²⁵

Grilled Chicken, cucumber, radish, sweetcorn, boiled egg, smoked streaky bacon, Cashel blue cheese, avocado, cherry tomato, baby gem lettuce & creamy ranch dressing.

3, 7, 9, 10

THE ITALIAN 15²⁵

Rocket, spicy chickpeas, buffalo mozzarella, toasted sunflower seeds, peppers, garlic croutons & pesto dressing.

1 (wheat), 7, 8 (May contain nuts)

BURGERS

• ALL SERVED WITH TWICE COOKED CHIPS ON A SOURDOUGH SESAME BUN •

CLASSIC 18⁰⁰

Irish beef patty, pickled cucumber, baby gem, tomato & burger sauce.

1 (wheat, barley) 3, 6, 7, 9, 10, 11, 12

ELVIS 23⁰⁰

Double Irish beef patty, double crispy bacon, double cheese, crispy onions, fried egg, baby gem, tomato & burger sauce.

1 (wheat, barley) 3, 6, 7, 9, 10, 11, 12

SMOKY BLUE 18⁵⁰

Irish beef patty, crispy bacon, Cashel blue cheese, baby gem, beef tomato & burger sauce.

1 (wheat), 3, 7, 11, 12

JUICY BBQ BURGER 18⁵⁰

Irish beef patty, onion rings, ruby slaw OSTARA BBQ sauce.

1 (wheat), 3, 7, 10, 11, 12

BUFFALO CHICKEN 18⁵⁰

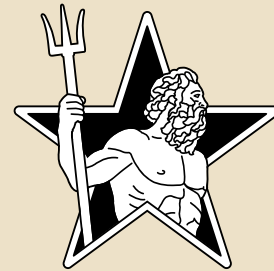
Chicken breast marinated in buttermilk, southern fried coating, ruby slaw, buffalo sauce, baby gem, tomato, blue cheese mayo on a sesame brioche bun.

1 (wheat, barley), 3, 6, 7, 9, 10, 11, 12

QUINOA VEGGIE BURGER 18⁵⁰

Quinoa, rost sweet potato and chickpea patty, baby rocket, tomato, red onion & spiced vegan mayo.

1 (wheat, barley) 7, 11



DIETARY ADVICE

1 Gluten	5 Peanuts	9 Celery	12 Sulphur dioxide
2 Crustaceans	6 Soybeans	10 Mustard	& sulphites
3 Eggs	7 Milk	11 Sesame	13 Molluscs
4 Fish	8 Nuts	Seeds	14 Lupin

EVENING SPECIALS

SERVED FROM 3PM

SMOKEY BBQ BABY BACK RIBS 24⁰⁰

BBQ ribs marinated in house spices and coffee. Served with BBQ Sauce, ruby slaw, crispy onions & twice cooked chips.

1 (wheat, barley), 3, 6, 7, 9

SIGNATURE BEEF & OSTARA STOUT PIE 19⁰⁰

Slowly cooked chunky beef with OSTARA Stout, carrots & onions, served with creamy mash.

1 (wheat, barley), 3, 6, 7, 9, 10, 12

10oz IRISH STRIPLOIN STEAK 28⁰⁰

Portobello mushroom, crispy onions, twice cooked chips. Served with Teeling whiskey sauce or garlic butter.

1 (wheat, barley), 6, 7, 10, 12

PAN FRIED FILLET OF SALMON 22⁰⁰

Served with creamy dill risotto, carrot puree, butter glazed broccoli & sauce vierge.

4, 7, 12, Gluten Free

WINGS

11⁰⁰ SMALL 19⁵⁰ LARGE

OF FOAM AND FURY DIPA HOT SAUCE OR HOMEMADE BBQ SAUCE WITH BLUE CHEESE DIP & CELERY.

1 (WHEAT, BARLEY) 3, 6, 7, 9, 10, 11, 12

VEGETARIAN CAULIFLOWER WINGS

10⁰⁰ SMALL 18⁵⁰ LARGE

SERVED WITH SIRACHA & VEGAN MAYO.

1 (WHEAT, BARLEY) 6, 9, 10, 11, 12, VEGETARIAN

FRIES & SIDES

TWICE COOKED CHIPS 5⁷⁵

Served with chilli mayo.
3, 12

SWEET POTATO FRIES 6⁷⁵

Served with chilli mayo.
3

HALLOUMI FRIES 8⁵⁰

Served with sticky orange sauce.
3, 7

GARLIC PARMESAN FRIES 6⁰⁰

Garlic oil, grated parmesan & fresh herbs.
7, 12

ONION RINGS 5⁷⁵

Served with Hot or BBQ sauce.
1 (wheat, barley), 10

KIDS

SOUP BOWL 3⁵⁰

Served with bread & butter.

Please ask your server for allergens

BUTTERMILK CHICKEN STRIPS 6⁵⁰

Served with chips or side salad.
1 (wheat, barley), 9, 10

BEEF BURGER 6⁵⁰

Served in a sesame burger bun with chips or side salad.
1 (wheat, barley), 3, 6, 7, 10, 11, 12

FISH N CHIPS 6⁵⁰

Battered fish served with chips or a side salad.
1 (wheat, barley), 9, 10

JUMBO SAUSAGES 6⁵⁰

Served with chips or side salad.
1(wheat) 9, 10

SELECTION OF ICECREAM 3⁰⁰

3, 7

CHOCOLATE BROWNIE 4⁰⁰

Served with vanilla ice cream.
3, 7, 8 (hazelnuts, almonds)

SWEET

OSTARA CHOCOLATE STOUT CAKE 7⁵⁰

Served with fresh berries, chocolate sauce and Glenown French Vanilla ice cream.
1 (wheat, barley) 3, 7, 12, Vegetarian

NUTTY CARAMEL & CHOCOLATE KNICKERBOCKER GLORY 7⁵⁰

Served with salted caramel ice cream and whipped cream
1 (wheat), 3, 7, 8 (peanut, almond, hazelnut)

SELECTION OF GLENOWN ICE CREAM 7⁵⁰

Served with fresh berries & butterscotch sauce.
3, 7

WARM BELGAIN WAFFLE 7⁵⁰

Served with Glenown vanilla ice cream, fresh berries & butterscotch sauce.
1 (wheat,) 3, 7, 8 (peanut, almond, hazelnut)

ICE CREAM FRITTERS 7⁵⁰

Golden Fried Glenown Vanilla ice cream with butterscotch and chocolate sauce & whipped cream.
1(wheat) 3, 7, Vegetarian

DOGGIE

TREATS

• ASK YOUR SERVER •



DIETARY ADVICE

1 Gluten	5 Peanuts	9 Celery	12 Sulphur dioxide & sulphites
2 Crustaceans	6 Soybeans	10 Mustard	13 Molluscs
3 Eggs	7 Milk	11 Sesame Seeds	14 Lupin
4 Fish	8 Nuts		

SAMBOS

• ALL SANDWICHES SERVED WITH CRISPS •
SERVED ONLY MON - FRI 12 - 4

CLASSIC GRILLED CHICKEN CLUB 12⁰⁰

Grilled chicken, streaky bacon, fried egg, baby gem lettuce, beef tomato, sweet chili mayo served on tiger bread.

1 (wheat, barley) 3, 6, 7, 9, 10, 12, 14

GRILLED VEGGIE FLAT BREAD 10⁰⁰

Mixed grilled spiced Mediterranean vegetables, basil pesto, rocket with a mint and citrus yoghurt dressing, apricot reduction, wasabi & sesame seeds.

1 (wheat), 6, 8 (hazelnut, cashew, almond, walnut), 11, vegan

BUTTERMILK CHICKEN WRAP 11⁰⁰

Buttermilk fried chicken with chili mayo, rocket leaves, beef tomato, red onions, bacon & cheese.

1 (wheat barley) 6, 7, 9, 10, 12, 14

ADD A FRIES,
SOUP or SALAD
TO ANY SANDWICH
FOR ONLY 3⁰⁰!

CHEESE STEAK SAMBO 13⁵⁰

Roast Beef, Dubliner cheddar cheese, pickle, horseradish mayo, caramelised onions, baby gem on grilled sourdough bread with a side of gravy

1 (wheat, yeast), 3, 6, 7, 8 (May contain nuts), 9, 11, 12

OPEN CAPRESE SANDWICH 11⁰⁰

Buffalo mozzarella, plum tomatoes, house basil pesto with a rocket and balsamic reduction, grana Padano shavings on tiger bread.

1 (wheat, yeast), 7, 8 (cashew), 11, 12