



Katie Daly's
Bar & Restaurant

**GLUTEN FREE
LUNCH MENU**

STARTERS

SOUP OF THE DAY (7, 11)

served with Gluten Free Bread

€5

GARLIC & HERB OIL GLUTEN FREE BREAD (7, 10)

with Mixed Leaf Salad €5

with Mozzarella, Parmesan & Cheddar €6

TRIO OF FISH (2, 3, 4, 7, 10, 11, 14)

Cod, Calamari and Tiger Prawns in a Cornflour, Chilli and Sesame Crumb Coating served with a Mixed Leaf Salad, Sweet Chilli Dip and Wasabi Mayonnaise

€10

SALADS

REGULAR CAESAR SALAD (2, 3, 4, 7)

Crisp Romaine Lettuce, Crispy Bacon, Parmesan & House Dressing.

Starter €8 / Main €11

Prawn/Chicken Starter €9 / Main €13

(Optional Poached Egg €1.50 extra)

SUPERFOOD SALAD (7, 10)

Falafel, Feta Cheese, Broccoli, Lentils, Butternut Squash, Beetroot Salsa, Mixed Garden

Leaves with Balsamic Dressing

Starter €9 add Chicken €10

Main €13 add Chicken €14

COBB SALAD

Three Salads of the Day with Gluten Free Bread

(Please ask server for allergens)

Starter €7.50/ Main €11

Add Chargrilled Lemon & Thyme Chicken, Honey Glazed Baked Ham Starter €9/ Main €13

SANDWICHES

Make it a meal with Salad & Fries €2.50 extra. All sandwiches served with Salad

KATIE'S TOASTIE (7,9,10)

Honey & Mustard Glazed Ham or Chicken, White Cheddar, Red Onion Marmalade & Beef Tomato on

Gluten Free Bread on our Panini Grill

€9

KATIE'S SPICY TOASTIE (7,9,10)

Piri Piri Chicken, Chorizo, Mozzarella, Sundried Tomato, Baby Spinach, Sriracha Mayonnaise on Gluten Free Bread

Pressed on our Panini Grill.

€8.50

CRISPY COD WRAP (3,4,6,7,9,10,11,14)

with Asian Greens, House Slaw in Sesame, Ginger and Soy Dressing in a Gluten Free Wrap

€10

CHICKEN CAESAR SALAD WRAP (2, 3, 4, 7, 10)

with Chargrilled Chicken, Cos Lettuce, Crispy Bacon, Parmesan & House Caesar Dressing

€9

Tiger Prawn Option €10

SUPERFOOD WRAP (3, 7, 10)

Feta Cheese, Roast Beetroot, Broccoli, Lentils, Butternut Squash, Mixed Leaves with a light Balsamic Dressing

€9

Add Chicken €10

FROM THE GRILL

KATIE'S LEAN STEAK SANDWICH (7, 9, 10, 11)

6oz Sirloin Steak served on Toasted Garlic Gluten Free Bread with Lettuce, Tomato, Bacon and House Relish served with Salad & Fries.

€14.50/CHICKEN €12

add Cheese or Pepper Sauce €1

PIRI PIRI CHICKEN SANDWICH (Spice Warning!) (3, 7, 10)

Piri Piri Marinated Grilled Chicken Fillet served on a Gluten Free Bread with Lettuce, Tomato, Bacon, House Relish & Roasted Garlic Mayonnaise served with Salad & Fries

€12

FISH OF THE DAY (See Specials)

served with Gluten Free Sauce

ROAST OF THE DAY (See Specials)

served with Gluten Free Sauce

PASTA

All pasta dishes are made with Gluten Free Penne

VEGETARIAN BOLOGNESE (7, 9, 13)

Roasted Vegetables & Puy Lentils in a Rich Homemade Italian Sauce topped with Parmesan

€11

BOLOGNESE (7, 9, 13)

Minced Beef, Onion & Garlic in a Rich Pomodoro Sauce topped with Parmesan

€12

CARBONARA (7, 13)

Smoked Bacon, Onion, Garlic, & White Wine in a Rich Cream Sauce topped with Parmesan

€12

SEAFOOD PASTA (2, 4, 7, 9, 13, 14)

a selection of Seafood, Spring Onion, Baby Spinach, Fresh Dill in Saffron Cream Sauce (Optional topping of Parmesan)

€13

KATIE'S HOUSE PASTA (7, 9, 13)

Penne with Chicken, Smoked Bacon, Baby Spinach, Roasted Red Pepper, Onion, Garlic, & Fiery Red Chilli in a Rich White Wine Cream Sauce, topped with Parmesan (Chilli optional)

€12.50

TIGER PRAWN & CHORIZO PASTA (2, 7, 9, 13)

Penne with Sundried Tomato, Garlic & Onion in a White Wine & Cream Sauce, or a Rich Napoli Sauce topped with Rocket Leaves.(Optional topping of Parmesan) (Optional Chilli)

€13

SIDES

HOUSE FRESH CUT CHIPS	€3.50
MASHED POTATOES ⁽⁷⁾	€3.50
KATIE'S HOUSE SIDE SALAD ^(7,10)	€4
SEASONAL VEGETABLES ⁽⁷⁾	€3.50
STIRFRIED VEGETABLES	€4
SAUTEED BABY POTATOES	€5

SAUCES: ALL €1

PEPPER SAUCE

GARLIC BUTTER

DESSERTS

All of our Desserts are served with a choice of Cream or Ice Cream

MERINGUE ROULADE OF THE DAY ^(3, 7, 8)

€6

SELECTION OF ICE CREAM ⁽⁷⁾

€4.50

1. Gluten 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts 6. Soya 7. Dairy 8. Nuts 9. Celery 10. Mustard 11. Sesame
12. Sulphites 13. Lupin 14. Molluscs