

## STARTERS

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### **SOUP OF THE DAY** (7, 11)

served with Gluten Free Bread

**€5.50**

### **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/€15**

## SALADS

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### **REGULAR CAESAR SALAD** (7, 10)

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

**Starter €8.50 / Main €11**

**Chicken Starter €9 / Main €13**

**Prawn Starter €10/€14**

(Optional Poached Egg €2 extra)

### **SUPERFOOD SALAD** (2, 3, 4, 7)

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

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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**

### **GOLDEN FRIED CATCH OF THE DAY WRAP** (1, 3,4, 6,7,9,10,11,14)

Catch of the Day in Beer Batter with Asian Greens, House Slaw in Sesame, Ginger and Soy Dressing in a Gluten Free Wrap

**€9**

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

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

**€8**

**Tiger Prawn Option €9**

### **SUPERFOOD WRAP** (3, 7, 10)

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

**€8**

**Add Chicken €9**

## FROM THE GRILL

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### **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.

**€15.50/CHICKEN €13.50**

**add Cheese €1 or Pepper Sauce €2**

### **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

**€14**

### **FISH OF THE DAY (See Specials)**

served with Gluten Free Sauce

### **ROAST OF THE DAY (See Specials)**

served with Gluten Free Sauce

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

## PASTA

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All pasta dishes are made with Gluten Free Penne

### VEGETARIAN BOLOGNESE <sup>(7, 9, 13)</sup>

Roasted Vegetables & Puy Lentils in a Rich Homemade Italian Sauce topped with Parmesan  
**€12.50**

### BOLOGNESE <sup>(7, 9, 13)</sup>

Minced Beef, Onion & Garlic in a Rich Pomodoro Sauce topped with Parmesan  
**€13**

### CARBONARA <sup>(7, 13)</sup>

Smoked Bacon, Onion, Garlic, & White Wine in a Rich Cream Sauce topped with Parmesan  
**€13**

### SEAFOOD PASTA <sup>(2, 4, 7, 9, 13, 14)</sup>

a selection of Seafood, Spring Onion, Baby Spinach, Fresh Dill in Saffron Cream Sauce  
(Optional topping of Parmesan)  
**€15**

### KATIE'S HOUSE PASTA <sup>(7, 9, 13)</sup>

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)  
**€13.50**

### TIGER PRAWN & CHORIZO PASTA <sup>(2, 7, 9, 13)</sup>

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)  
**€15**

## SIDES

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**HOUSE FRESH CUT CHIPS** **€3.50**

**MASHED POTATOES** <sup>(7)</sup> **€4**

**KATIE'S HOUSE SIDE SALAD** <sup>(7,10)</sup> **€4.50**

**SEASONAL VEGETABLES** <sup>(7)</sup> **€4**

**STIRFRIED VEGETABLES** **€5**

**SAUTEED BABY POTATOES** **€5**

**SAUCES: ALL €2**

**PEPPER SAUCE/GARLIC BUTTER**

## DESSERTS

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

**SELECTION OF ICE CREAM** <sup>(7)</sup>

**€5.50**

**DESSERT SPECIAL OF THE DAY**

(Please ask your server)

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