

# Table

## Lunch Menu

### Small Starts and Soups

|   |             |
|---|-------------|
| Bowl of gourmet soup of the day with homemade brown bread (V).....        | €6.25       |
| Ballycotton Seafood Chowder with homemade brown bread.....Cup             | €7.50       |
| (No shellfish) (FL).....  | Bowl €11.90 |
| Crispy potato skins, bacon, cheddar, salad, chive crème fraîche (FL)..... | €9.00       |
| Bowl of soup with gourmet sandwich of the day (see specials board).....   | €9.90       |

### Salads and Mains

|  |        |
|--|--------|
| Seared Asian Salmon with Malaysian buckwheat noodle salad (HO).....  | €14.90 |
| Market fish of the day (see specials board).....   | €16.75 |
| Caesar salad, free range chicken, cos lettuce, pumpkin seeds,<br>bacon lardons, Parmesan shavings (FL).....  | €13.95 |
| Superfood salad: baby spinach, avocado, pomegranate, roasted butternut squash,<br>quinoa, blueberries, nuts and seeds, coriander, vinaigrette (FL) (DF).....<br>(Add chicken +€4.00) | €12.85 |
| Warm goat's cheese salad, candied pecans, crunchy carrot,<br>beetroot marmalade, parsnip crisps (V) (FL) (DF).....   | €12.85 |
| BT Burger, crispy homemade onion rings, Dubliner cheddar, tomato relish,<br>lettuce, vine tomato, floury bap, skinny fries.....  | €14.90 |
| Club sandwich: free-range chicken, bacon, Dubliner cheddar, vine tomato,<br>onion mayo, mixed leaves, skinny fries.....  | €13.90 |
| Buttermilk free-range chicken goujons, hand-cut fries, salad.....  | €13.95 |
| Paleo stew: broccoli, sweet potato, mushrooms, aubergines, ginger,<br>garlic, tumeric, coconut milk, crispy kale.....  | €13.50 |
| Chilli con carne, basmati rice, guacamole, sour cream.....   | €12.90 |
| Pasta of the day.....  | €13.85 |

### Sides

|                              |       |
|------------------------------|-------|
| Skinny fries with aioli..... | €4.75 |
| Mixed leaf salad.....        | €4.50 |

**Please allow for extra time as our dishes are cooked to order**

### Head Chef: Mary Morrison

All of our breads can be substituted for gluten free bread  
Our free range chicken is supplied by Kettyle IRE & beef from Odias, IRE  
Our bacon is from M&K, Dublin, IRE, fish is supplied by Shellfish de la Mer of Castletownbere, IRE  
Vegetables supplied by Keelings, Cork IRE. Our ice cream is from Featherbed Farm, Co.Wexford IRE.  
Many dishes can be made flourless/vegetarian - pleas ask your server

(V = vegetarian, FL = flourless, DF = Dairy Free) *If you have any serious food allergies, please inform your server*

# Table

## Drinks Menu

### Prosecco and Champagne

|   | Glass      | Bottle |
|---|------------|--------|
| Prosecco with crushed berries.....            | €7.90      |        |
| “Jeio” Prosecco di Valdobbiadene (Italy)..... | €7.50      | €32.00 |
| Pannier Rosé Champagne (Fr).....              | 1/2 bottle | €29.95 |

### White Wine

|  |       |        |
|--|-------|--------|
| Touraine Sauvignon, Loire Valley (Fr)..... | €6.75 | €25.50 |
| Masottina Pinot Grigio (Italy).....        | €7.25 | €25.50 |
| Hunky Dory Sauvignon Blanc (NZ).....       | €7.50 | €29.50 |
| Laroche Chablis (France).....              |       | €39.00 |

### Red Wine

|  |       |        |
|--|-------|--------|
| Palazzi Montepulciano d’Abruzzo (Italy).....           | €6.95 | €26.50 |
| Montelciego Rioja (Spain).....                         | €7.50 | €26.00 |
| Pollen Les Abeilles, Saint Emilion Grand Cru (Fr)..... |       | €44.00 |

### Cold Drinks

|   |       |       |
|---|-------|-------|
| San Pellegrino (sparkling).....                     | €2.00 | €4.00 |
| Panna (still).....                                  | €2.00 | €4.00 |
| Coke, Diet Coke, 7up, Diet 7up and Club Orange..... | €3.50 |       |

### Cold Juices

|   |       |
|---|-------|
| Wild Orchard rhubarb and ginger lemonade..... | €3.50 |
| Wild Orchard freshly pressed apple juice..... | €3.50 |
| Fresh orange juice.....                       | €3.50 |
| Homemade lemonade.....                        | €3.10 |
| Raspberry lemonade.....                       | €3.60 |

### Alchemy Juices

|   |       |
|---|-------|
| Mean Greens 250ml.....<br>Kale, spinach, cos, celery, cucumber, flat-leaf parsley, apple, ginger, mint          | €4.75 |
| Gateway Juice 250ml.....<br>Spinach, cos, celery, pineapple, apple, pear, flat-leaf parsley, lemon, ginger      | €4.50 |
| Anti-Everything 250ml.....<br>Carrot, apple, fresh turmeric, lemon, ginger, black pepper, cold pressed flax oil | €4.75 |
| Beat it 250ml.....<br>Beetroot, spinach, cos, celery, flat-leaf parsley, apple, lemon, ginger                   | €4.50 |