

Chapter Twenty Gluten Free Menu



Starters

Atlantic Prawn and Smoked Salmon Platter	Starter €14.00/ Main €20.00
With Bloody Mary Dressing (2/3/4/10) Served with Gluten Free Bread (7)	
Sauteed King Prawns	€15.50
In Chilli & Garlic Butter, Baby Leaves & Lemon Crème Fraiche (2/7/10)	
Mussels Cooked with Garlic White Wine Sauce	Starter €13.50/ Main €22.50
Finished with Cream & Parsley (7/12/14) Served with Gluten Free Garlic Bread (7/10)	
Potato Skins	€9.50
With Pancetta, Irish Cheddar & Sour Cream (7/10)	
Chicken & Bacon Caesar Salad	Starter €13.50/ Main €19.50
Baby Gem Lettuce, Parmesan & Our Own Caesar Dressing (3/7)	
Goat's Cheese, Confit Fennel, Pear & Hazelnut	€13.00
Baby Watercress with Honey & Mustard Dressing (7/8/10)	
Baby Barbeque Ribs	€13.50
With a Honey Glaze (9/10/12)	
Soup of Day	€9.50
Served with Gluten Free Bread	

Main Courses

All Main Courses, Burgers & Fish Dishes except those marked with an * are served with a side of your choice

6oz Roast Loin of Lamb	€36.00		
Sage & Garlic Polenta, Roast Beets & a Red Wine Jus (7/12)			
10oz Sirloin Steak	€35.00	8oz Fillet Steak	€37.50
All Steaks are Garnished with Buttered Mushrooms & Onions, Grilled Tomato & Red Onion Marmalade & a Choice of Creamy Peppercorn Sauce (7), Garlic Butter (7), Pan Gravy or Red Wine Jus			
Tandoori Chicken on the Bone*	€24.50		
Salad, Mint Yogurt & Basmati Rice (5/6/7/8/9/10/11)			
Roast Half Chinese Duck*	€27.00		
With a Chilli, Coriander & Coconut Milk Sauce (5/6/11/12)			
Beef Stir-fry (5/6/8/10/11)	€23.50		
Chicken Stir-fry (5/6/8/10/11)	€22.50		
Vegetable Stir-fry (5/6/8/10/11)	€21.50		

All our Stir-fry's are Infused with Sweet Chilli, Garlic and Mixed Vegetables Served with Basmati Rice

Burgers

All our Burger can be served with no Bun or Gluten Free Toast

Chapter Twenty Burger €21.50

8oz Steak Burger Topped with Bacon, Cheese, Onions, Lettuce & Relish (6/7/9/10)

Louisiana Burger €21.50

8oz Steak Burger Topped with Cajun Onion, Chipotle Mayo, Smoked Cheese & Streaky Bacon (6/7/9/13)

Swiss Burger €21.50

8oz Steak Burger with Baked Flat mushroom, Bacon, Onion & Emmental Cheese (6/7/9/13)

Fish

Lemon Sole Fillet €29.50

Filled with Prawn & Chervil Mousse, Heritage Carrots and Spinach with a Dill & Parsley Sauce (2/4/7)

Sauteed Fillet of Hake €29.50

Chorizo, Samphire & Herb Vegetable Rosti (2/4/7)

Pan Fried Sea Bream €29.50

Herb Pommes Anna, Pancetta, Roast Artichoke & Thyme Creamed Leeks (4/7)

Grilled Salmon €27.50

Baby Spinach, Buttered Asparagus & White Wine Glaze (4/7)

Baked Sea Trout €27.50

Braised York Cabbage, Green Beans & Celeriac Puree (4/7)

Gluten Free Pasta

Chapter Twenty Penne Carbonara €23.00

Chicken, Bacon, Scallion & Mushrooms Finished with Parmesan (7/9)

Sweet Chilli Chicken Pasta €23.00

Cooked with Red Onions, Mushrooms & Pepper Finished with Sweet Chilli & Cream (6/7/9/11)

King Prawn & Chorizo Penne Pasta €26.50

Spring Onion, Garlic, Parsley, Lemon & White Wine Sauce (2/3/6/7/8)

Seafood Penne Pasta €26.50

Atlantic Seafood with a Dill & Basil Sauce Finished with Parmesan (2/3/4/6/7/8)

Roast Vegetable Penne Pasta €18.00

Add Chicken €4.00

Sundried Tomato, Basil, Pesto & Parmesan (3/6/7/8)

Side Orders All €5.50

Seasonal Vegetables Tossed Salad (10) Medley of Mash Potatoes & Vegetables (7/12)

Champ Potatoes (7/12) Chips Cheesy Garlic Chips (7)

Sauté Mushrooms Skinny Fries Garlic & Cheese Potatoes (7)

Allergy Information | Refer to this list to see which dishes contains allergens: (1) Cereals
Containing Gluten (2) Crustaceans (3) Eggs (4) Fish (5) Peanuts (6) Soybeans (7) Milk (8) Nuts (9)
Celery (10) Mustard (11) Sesame (12) Sulphur Dioxide (13) Lupin (14) Molluscs