

grain & grill

To Start

Homemade Carrot & Paprika Soup

Served with a Fresh Bread Roll

(Contains Allergen 6/12)

Maldron Crispy Bacon Lardons

Served On a Bed of Dressed Salad Leaves with Honey & Mustard Dressing

(Contains Allergen 5 /7/8/)

Duo of Melon

Served with Mango Coulis

(Contains Allergen 5)

Creamy Sea Food Chowder

Served with Guinness Brown Bread

Contains Allergens 3/2/1/13/8

The Main Event..... (All our food is cooked to order)

Duo of Trout & Haddock Oven Baked

Served with Lemon & Dill Butter cream sauce, Steamed Vegetables & Potatoes

(Contains Allergen 3/7/12)

Vegetarian Stir Fry

Served with Sweet Thai Chilli & Hoi Sin Sauce, in a poppadum Basket on bed of Saffron Rice

S (Contains Allergen 6/ 7/8/11/12/13)

Traditional Roast Pork with Herb Stuffing

Served with creamy Mash and Steamed Vegetable

Contains Allergen (7/12)

Breast of Chicken

Served with Creamy Potatoes, Seasonal Steamed Vegetables, with a Pepper Sauce

Contains Allergens 5/12

Desserts.....

Warm Apple Crumble with custard

(Contains Allergen 5/6/7/11)

Lemon Cheese Cake

(Contains Allergen 6/11)

Selection of Ice cream

(Contains Allergen 5/6/7/11)

Sticky Toffee Pudding

Contains Allergens 5/6/7/11

Allergen Index

No. 1 Shellfish (Crustaceans)

No. 3 Fish

No. 5 Nuts

No. 7 Milk

No. 9 Sulphur Dioxide

No. 11 Egg

No. 13 Mustard

No. 2 Shellfish (Mollusk's)

No. 4 Peanuts

No. 6 Cereal Containing Gluten

No. 8 Soya

No. 10 Sesame Seeds

No. 12 Celery and Celeriac

No. 14 Lupine