

STARTERS

Soup of the Day.....€6.50

Hearty homemade Soup with Guinness Brown Bread (G, E, M, Cel, N)

Veggie Quesadilla.....€8.50

Grilled Tortilla loaded with Mexican Beans, Peppers, Onions, Spinach & Cheddar, served with Sour cream & Avocado Salsa (V) (G,M)

Smoked Salmon & Spring Onion Potato Cake.....€9.50

served with Pickled Cucumber and a chunky Tartare & Dill Sauce (G, F, E, Su,M)

Crunchy Spiced Cauliflower Fritters (V).....€8.50

Served with Red Pepper Hummus & Vegan Mango Mayonnaise (Su, G)

Crispy Chicken Wings.....Starter €8.50 / Main €12.95

in a Garlic & Spring Onion Butter with Guillain Mayonnaise (G, E, M)

GOURMET SANDWICHES

All gourmet sandwiches available on gluten free bread

Combo of the Day..... €12.00

Gourmet sandwich of the day served with House Fries or Soup

Crispy Shredded Duck Bao€12.95

served in a Bao Bun with crispy Asian Salad, Soy & Chilli dipping Sauce served with House Fries (So, G, E)

Old Barracks Angus Steak Sandwich.....€16.50

Tender Sirloin Steak served on a toasted Sourdough with roasted Garlic & black Pepper Mayo, Cheese, crispy Onion rings & House Fries (G,F,M,E)

Old Barracks Chicken Quesadilla.....€12.00

Grilled fillet of Chicken loaded with Mexican Beans, Peppers, Onions, Spinach & Cheddar, served with Sour cream & Avocado Salsa served with House Fries (G, M)

SALADS

Crispy Duck Noodle Salad.....€14.50

Crisped confit of Duck tossed with Egg Noodles, Carrot, Cucumber, Spring Onion, baby Leaves, crunchy Cashews, mixed Seeds with a sweet Chilli, Sesame & Soy dressing (So, G, E, Nu, Se)

Homemade Crunchy Falafel Salad (V).....€13.50

with roasted Red Pepper Hummus, Beetroot, Sun dried Tomatoes, crisp mixed Salad & balsamic reduction served with toasted flatbreads (G, Se, Su)

Healthy Warm Lemon Chicken Salad€13.50

Grilled Lemon & Rosemary Chicken Fillet on a tossed Salad with roasted Sweet Potato, creamy Greek Feta, toasted cashews & mixed seeds topped with Honey & Mustard dressing (M, N, Se, Mu)

Pistachio Crusted Goats Cheese Salad (V)..... €13.50

Warm crusted Goats Cheese with dressed Salad, roasted Beetroot, Pear, Red Onion Jam & toasted Seeds (N, G, Se)

We can now take Visa/Laser card payments at your table

or

Please take note of your table number for payments at till