

STARTERS

Soup of the Day (V)..... €6.95
Hearty homemade Soup with Guinness Brown Bread
(G, E, M, Cel, N) (gluten free on request)

Sticky Korean Chicken.....€9.95
On a bed of fluffy Rice with sweet Chilli Gochujang Sauce, Garlic Mayo,
toasted Sesame Seeds & pickled Ginger (G, Su, So, Se)

Open Prawn Sandwich.....€12.95
Served on homemade Brown Bread with Marie Rose sauce, dressed tossed
Salad & toasted Seeds (F, G, Su, E)(gluten free on request)

Southern Fried Cauliflower Wings (V).....€9.95
with house Pickles & a Blue Cheese & Habanero Honey dressing
(G, D, Su)

Old Barracks Fish Cakes.....€9.95
Smoked Salmon, Prawn & Spring Onion Fish Cakes with chunky Tartar,
Rocket & Pickles (G, F, Su)

GOURMET SANDWICHES

All gourmet sandwiches available on gluten free bread

Old Barracks Angus Steak Sandwich.....€17.95
Open Steak sandwich on Sourdough with Garlic Mayo, creamy
Mushrooms, crispy Onion rings, Fresh Rocket, Harvey's Pepper Sauce
& House Fries (G, M,E) (gluten free on request)

Fresh Panko Crusted Fish Finger Sandwich..... €17
Lemon Pepper crumbed Fish of the day in a toasted Ciabatta with
Ouzo Mayo, crisp Iceberg & pickled Onion served with House Fries
(G, F, E)

Chicken Goujon Wrap.....€13.5
Golden Fried Chicken Goujons with sweet Chilli Mayo, Cheese
& crunchy Cos Lettuce served with House Fries (G,E)

SALADS

Healthy Warm Lemon Chicken Salad ^{GF}.....€15.95
Grilled Lemon & Rosemary Chicken Fillet on a tossed Salad
with roasted Sweet Potato, creamy Greek Feta, toasted Cashews,
mixed Seeds & Honey Mustard Dressing (M, N, Se, Mu)

Old Barracks Whipped Greek Feta Salad.....€14.95
Served with Cucumber, Cherry Tomatoes, Olives, wild Rocket,
Balsamic & Olive Oil with Stone House Garlic Pizza Breads
(G, D, Su) (gluten free on request)

Buttermilk Chicken & Blue Cheese Salad.....€15.95
With crisp Iceberg, baby Gem, cherry Tomatoes, Jalapeno, toasted
Sesame Seeds, honeyed Walnuts & a creamy blue Cheese & Habanero
Honey dressing (G, N, D, Se)
Gluten Free Vegetarian option available (please ask server)

Panko Crusted Goats Cheese Salad (V).....€14.95
Warm crusted Goats Cheese bon bons with dressed Salad,
roasted Beetroot, Pear, Red Onion Jam, Walnuts & toasted Seeds
(N, G, Se) (gluten free on request)

STUDENT CORNER

ONLY STUDENTS IN UNIFORM MAY ORDER FROM THIS MENU,
AVAILABLE MON-FRI

**Chicken Goujon
Wrap**
Golden Chicken pieces
with crunchy Cos Lettuce,
Cheese & Sweet Chili
served with House Fries
(G, M, E, Su)

**Crunchy
Chicken Tenders**
Breaded Chicken Tenders
served with Garlic Mayo
House Fries
(G, M, E, Su)

**Student
Pasta of the Day**
topped with Parmesan,
served with Garlic
& Herb Crostini

ONLY €11 EACH

