

The Old Barracks

Bistro - Bakery - Catering
& Guestrooms

LUNCH MENU

Served daily

12pm-6pm

Starters

Soup of the Day

Hearty homemade Soup with Guinness Brown Bread
€5.50 (G, E, M, Cel, N)

Thai Style Fish Cake

Served with a crisp side Salad, Sweet Chilli sauce
& Lime wedge
€9.95 (G, F, Su)

Sharing Platter

Mozzerella sticks, Golden Chicken Goujons, crispy
Onion rings & dips
€6.95 for one €10.50 for two (G, E, M, Su)

Garlic & Herb Ciabatta

with Stone House Mozzarella
€4.50 (G, M)

Traditional Roast of the day

Always locally sourced & served with creamy Mash,
seasonal Vegetables & our famous Gravy
€14.50

Old Barracks Hot Pot of the Day

Our seasonal winter warmer, ask server
€13.50

Big Bacon Burger

Local Angus Beef patty on a sourdough bap with grilled
Bacon, melted Cheddar, Lettuce, pickled Onion,
Tomato, our secret sauce & Skinny Fries
€14.5 (G, M, E)

Old Barracks Pasta of the Day

Inspired by the season topped with hand shaved
Parmesan served with Garlic & Herb toastie
€13.50

Combo of day

Our daily sandwich special served with a side of Soup,
Salad or Fries
€11.00

Salads

Mediterranean Falafel Bowl

Homemade Falafel with Greek Feta, Beetroot, Cherry Tomato,
Red Pepper Hummus, crisp Rocket in a creamy Lemon
Tahini dressing
€11.50 (M, Se, Su)

Sticky Korean Chicken Salad

Chicken marinated in Chilli, Ginger, Honey & Soy, served
on a bed of tossed Salad Leaves, Kimchi & Peanuts dressed
in a sticky Gochujang Sauce
€11.50 (G, N, Su)

Pistachio Crusted Goats Cheese Salad

Warm crusted Goats Cheese on a Balsamic
dressed baby Leaf Salad of Sun dried Tomato,
toasted Seeds, roasted Beetroot & Pistachios
€11.95 (N, G, Se)

Mains

Crispy Malaysian Chicken Noodles

Malaysian style Chicken Noodles with stir fried Vegetables
garnished with crunchy Cashews & toasted Seeds
€13.50 (E, G, Su, M, N)

Grilled Salmon Noodles

with stir fried Vegetables in a Sesame, Soy, Sweet Chilli &
Coriander dressing
€15.00 (E, G, Se, Su)

Hearty Vegan Curry

Healthy & hearty mild Vegetable curry served with a crisp
Poppadum, Spinach, Cashews, Seeds & Basmati Rice
€12.00 (Su, N, Se) add chicken €2.50

Buttermilk Chicken Burger

Cajun spiced buttermilk Chicken Breast on a sourdough bap
with Lettuce, chipotle Mayo & skinny Fries
€13.50 (G, E, M, Su)

Sides

Crispy Local Leaf Salad (Su) €4.00 / Market Vegetables (Su) €4.00 / Piri Piri Fries (G) €4.50
Skinny Fries (G) €4.50 / Sweet Potato Fries (G) €4.50 / Potato of the Day €4.00