

# IFI DINNER MENU

SERVED DAILY FROM 4PM

## STARTERS

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Today's Soup with Homemade Brown Bread	€5.75
Ketaifi Wrapped Goats Cheese Parcels with Sweet Chilli	€6.75
Mixed Beets & Feta Salad, Pumpkin Seeds & Candied Walnuts **	€7.10
Salmon and Haddock Fish Cake with Lemon Aioli	€7.25
House Made Lamb Koftas with Tzatziki	€7.60
Sticky Chilli Sesame Chicken Wings <i>portion of 6 or 10</i>	€7.60 / €11.45

## TO SHARE / QUICK BITES

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Warm Spanish Olives with Tomato and Basil *	€4.15
Veggie Fritter Wrap w Carrot & Coriander Salad, and Hummus	€7.25
4 Bruschettas – Roasted Veg, Hummus, Avocado, Tomato Basil *	€7.25
Selection of Irish Cheeses with Apple and Walnuts	€10.20
Cured Meat Selection with Toast and Pickles	€11.45
Combine the Meat Platter and Cheese Board to Share	€19.80

## MAINS

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Veg & Coconut Curry, Basmati Rice, Poppadom and Peanuts *	€12.00
Forest Mushroom Risotto with Parmesan and Rocket **	€11.75
Warm Chicken, Bacon, Green Bean, Sauté Potato & Crouton Salad	€14.10
Tandoori Chicken with Puy Lentils, Yoghurt and Mint **	€13.85
Linguine with Garlic Chilli Prawns and Torn Basil	€14.10
Fish & Chips, Tartare Sauce and Pea Pureé **	€14.60
IFI 8oz Beef, Veg or Chicken Burger w Relish & Chips - Add Bacon or Cheese	€12.80
Wicklow Lamb Pie with Mash	€13.55
Sirloin Steak Sandwich with Shallot Pureé, Mushrooms & Chips	€14.60

## SIDES

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Parmesan & Rosemary Fries	€3.65	Broccoli and Almonds ***	€3.95
Sweet Potato Fries *	€4.15	House Slaw	€3.65
Garlic Bread	€3.15	Rocket and Pear Salad ***	€3.65

\* *Vegan*

\*\* *Made with Gluten Free Ingredients – Please Note Our Kitchen Contains Gluten*

\*\*\* *Both Vegan and Made With Gluten Free Ingredients*

*Our Beef is 100% Certified Irish - Allergen List Available on Request for Food & Drinks  
Discretionary 10% S.C Added to Tables of 8+. Cash Gratuities Only Thank You.*

# IFI LUNCH MENU

AVAILABLE DAILY UNTIL 4PM

## SANDWICHES

Veggie Fritter Wrap, Carrot & Coriander Salad, and Hummus	€7.25
Croque Monsieur ( Ham and Béchamel Cheese Toastie )	€7.25
Coronation Chicken on Focaccia	€7.25
B.E.L.T. – Bacon, Egg, Lettuce and Tomato	€7.25

- All sandwiches are served with fries *or* salad. Add Soup to any sandwich €2.10  
- Gluten Free Bread Available

## STARTERS

Today's Soup with Homemade Brown Bread	€5.75
4 Bruschettas – Roasted Veg, Hummus, Avocado, Tomato Basil *	€7.25
Mixed Beets & Feta Salad, Pumpkin Seeds & Candied Walnuts **	€7.10
Ketaifi Wrapped Goats Cheese Parcels with Sweet Chilli	€6.75
Salmon and Haddock Fish Cakes with Lemon Aioli	€7.25
House Made Lamb Koftas with Tzatziki	€7.60
IFI Sticky Chilli Chicken Wings <i>portion of 6 or 10</i>	€7.60 / €11.45

Add any side for €2.60

## MAINS

Veg & Coconut Curry, Basmati Rice, Poppadom and Peanuts *	€12.00
Forest Mushroom Risotto w Parmesan and Rocket **	€11.75
Warm Chicken, Bacon, Green Bean, Sauté Potato & Crouton Salad	€14.10
Tandoori Chicken with Puy Lentils, Yoghurt and Mint **	€13.85
Linguine with Garlic Chilli Prawns and Torn Basil	€14.10
Fish & Chips, Tartare Sauce and Pea Puree **	€14.60
IFI 8oz Beef, Veg or Chicken Burger w Relish & Chips - Add Bacon or Cheese	€12.80
Wicklow Lamb Pie with Mash	€13.55

## SIDES

Parmesan & Rosemary Fries	€3.65	Broccoli and Almonds ***	€3.95
Sweet Potato Fries *	€4.15	House Slaw	€3.65
Rocket and Pear Salad ***	€3.65	Garlic Bread	€3.15

\* *Vegan*

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# IFI BRUNCH MENU

AVAILABLE UNTIL 4PM

Fresh figs with Greek yoghurt, honey and toasted almonds	€6.80
Smashed Avocado with Poached Eggs on homemade Brown Bread	€7.85
French Toast with Chantilly and Red Fruit Compote	€7.25
Warm Spanish Omelette with Canarian Mojo	€8.30
Creamed Mushroom Bruschetta, Pesto, Poached Egg and Rocket <i>GF</i>	€8.90
Irish Smoked Salmon, Toasted Brioche, Shallots, Capers and Horseradish Mayo	€10.20
Haddock and Chips, Tartare Sauce, Pea Purée – <i>Made with Gluten Free Lager</i>	€14.60
IFI Grill ( <i>Vegetarian Options available</i> ) Venison Sausage, Bacon, Egg, Clonakilty Black Pudding, Mushroom, Sauté Potatoes and Sourdough	€12.00
8oz IFI Beef Burger, Chicken Burger or Nut Burger with chips, served on a brioche bun - <i>Add a choice of bacon or cheese</i>	€12.80

## SIDES

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Parmesan & Rosemary Fries	€3.65	Broccoli and Almonds <i>Vegan</i>	€3.95
Sweet Potato Fries <i>Vegan</i>	€4.15	House Slaw	€3.65
Garlic Bread	€3.15	Rocket and Pear Salad <i>Vegan</i>	€3.65

## TO DRINK

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Banana and Orange Smoothie	€4.75
Spirulina, Banana and Apple Juice Smoothie	€4.75
Red Berry Lassi	€4.75

## TO DRINK... WITH A KICK

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Bloody Mary	€9.50
Mimosa	€9.50
Cosmopolitan	€9.50
Aperol Spritz	€9.50
Espresso Martini	€9.50
French 75	€9.50
Brandy Alexander	€9.50
Harvey Wallbanger	€9.50

## COFFEE / TEA

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Ristretto, Espresso, Americano, Decaf Americano, Macchiato	€2.70 Reg	€3.30 Lg
Latte, Cappuccino, Hot Chocolate	€3.00 Reg	€3.60 Lg
Irish Breakfast Tea, Breakfast Decaf Tea		€2.25
Herbal Teas Chinese Green, Camomile, Peppermint, Blackcurrant, Earl Grey, Rooibos		€2.50

*If you have a specific allergy, please contact your server.*