

IFI DINNER MENU

SERVED DAILY FROM 4PM

TO SHARE / QUICK BITES

Olives, Smoked Almonds, Tomato Basil Dip, Sourdough*	€6.25
Veggie Fritter Wrap w/ Carrot & Coriander Salad and Hummus	€7.25
4 Piece Bruschetta – Hummus, Avocado, Tomato Basil, Red Pesto*	€7.25
Selection of Irish Cheeses with Apple and Walnuts	€10.20
Selection of Chorizo, Mortadella & Pastrami, Toast and Pickles	€11.45
Combine cheese and meat selections	€19.80

STARTERS

Today's Soup with Homemade Brown Bread	€5.75
Superfood Salad - Squash, Quinoa, Kale, Spinach, Pomegranate, Walnuts**	€7.50
Haloumi and Courgette Fritter with Lemon Dressing	€6.75
Deep Fried Calamari with Sweet and Sour Chilli	€6.50
Salmon and Haddock Fish Cake with Lemon Aioli	€7.25
House Made Lamb Koftas with Tzatziki	€7.60
Sticky Chilli Chicken Wings, Blue Cheese Dip, Celery <i>small / large</i>	€7.60/€11.45

MAINS

Lentil Cottage Pie **	€11.95
Veg & Coconut Curry Basmati Rice, Poppadom, Peanuts* <i>add chicken €3</i>	€12.00
Warm Summer Veg Salad with Crispy Parmesan Polenta <i>**add chicken €3</i>	€12.50
Veggie Lasagne with Garlic Bread	€12.50
Tandoori Chicken with Puy Lentils, Yoghurt and Mint **	€13.95
Linguine with Garlic Chilli Prawns and Torn Basil	€14.50
Fish & Chips, Tartare Sauce and Pea Puree**	€14.75
IFI 8oz Beef, Veg or Chicken Burger w Relish & Chips - <i>Add Bacon or Cheese</i>	€12.95
Stir-Fry Beef with Baby Sweetcorn, Pak Choi and Crispy Noodles	€13.50

SIDES

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

DESSERTS

Bourbon Vanilla Ice Cream with Popcorn & Salted Caramel	€6.00
Mango Jelly, Coconut Ice Cream and Passionfruit Salsa **	€6.00
Other Desserts Available, Please see Printed List on Drinks Menu	

* *Vegan*

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

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

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
Chicken, Pesto, Mozzarella and Rocket Ciabatta	€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 €2.15
- Gluten Free Bread Available

STARTERS

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Haloumi and Courgette Fritter with Lemon Dressing	€6.75
4 Piece Bruschetta – Hummus, Avocado, Tomato Basil, Red Pesto *	€7.25
Superfood Salad - Squash, Quinoa, Kale, Spinach, Pomegranate, Walnuts **	€7.50
Deep Fried Calamari with Sweet and Sour Chilli	€6.50
Salmon and Haddock Fish Cake with Lemon Aioli	€7.25
House Made Lamb Koftas with Tzatziki	€7.60
Sticky Chilli Chicken Wings, Blue Cheese Dip, Celery <i>small / large</i>	€7.60/€11.45

Add any side for €2.60

MAINS

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IFI BRUNCH MENU

AVAILABLE UNTIL 4PM

Sausage, Bacon and Fried Egg Buttie with Ballymaloe Relish	€7.95
French Toast with Chantilly + Red Fruit Compote <i>or Bacon and Maple add €2</i>	€8.25
Smashed Avocado with Poached Eggs on homemade Brown Bread	€8.50
Creamed Mushroom Bruschetta, Pesto, Poached Egg and Rocket	€9.00
Omelette of the day with Fries and Salad	€9.25
Kedgeree – Smoked Fish, Kale, Basmati Rice and Poached Egg	€10.75
Haddock and Chips, Tartare Sauce, Pea Purée – <i>Made with Gluten Free Lager</i>	€14.75
8oz IFI Beef Burger, Chicken Burger or Veggie Burger w/Relish, Salad, and Chips, Served in a Brioche Bun - <i>Add a choice of bacon or cheese</i>	€12.95
IFI Mixed Grill (<i>Vegetarian Option Available</i>) Venison Sausage, Bacon, Egg, Clonakilty Black Pudding, Mushrooms, Sauté Potatoes, Sourdough	€13.50

SIDES

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

Banana and Orange Smoothie	€4.95
Spirulina, Banana and Apple Juice Smoothie	€4.95
Mixed Berry Lassi	€4.95

TO DRINK... WITH A KICK

€9.50

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

COFFEE / TEA

Ristretto, Espresso, Americano, Decaf Americano, Macchiato	€2.70 Reg	€3.30 Lg
Latte, Cappuccino,	€3.00 Reg	€3.60 Lg
Hot Chocolate	€3.30	
Irish Breakfast Tea, Breakfast Decaf Tea	€2.40	

Herbal Teas
Chinese Green, Camomile, Peppermint, Blackcurrant, Earl Grey, Rooibos €2.65
Chai Latte / Iced Coffee / Iced Tea €3.50

Go Large add 60c

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