

## Starters

### SOUP OF THE DAY

served with homemade brown bread

€6

contains dairy & wheat- GF bread available on request

### FRITTERS

haloumi and courgette fritters served with lemon dressing

€8.5

contains milk, wheat & eggs

### ARANCINI

Mushroom & Bacon Risotto Balls with a Panko Breadcrumb Crust, Pea Puree & Parmesan

€9.5

contains milk, wheat, soybean, sulphites & eggs

### CALAMARI

deep fried calamari with a sweet & sour chilli

€8.5

contains molluscs, fish, sesame seeds & soy

### BREAD & DIPS

butternut squash hummus, basil pesto, baba ganush & salsa de aji picanto served with toasted pitta

€8.5

contains milk, wheat & pinenuts - GF bread available on request

### CHICKEN WINGS

€8.5/14.5

In a Thai sticky sauce with sesame seeds, spring onion & blue cheese dressing

contains soybeans and sesame seeds

## Mains

### CHICKEN PARMESAN

crispy chicken with panko breadcrumbs topped with mozzarella and parmesan served on a bed of linguini with a tomato & basil sauce

€15.5

contains milk, wheat & eggs

### LENTIL LASAGNE

with spinach, onion, peppers, tomato & mushroom served with chips or garlic bread

€13

contains milk, wheat & eggs

### CRISPY CAULIFLOWER TACOS

3 soft shell tacos with cabbage & pickled onion served with sweet potato fries

€14

### SUPERFOOD SALAD

Quinoa, broad beans, turtle beans, roast sweet potato, smoked almonds, pistachio, mixed leaves, mixed seeds, pickled onion & pomegranate seeds with a peanut butter dressing

€12

contains peanuts, almonds & sesame seeds

### add Prawns or Cajun Chicken

contains crustaceans contains sulphites

€15.5

contains peanuts, almonds & sesame seeds

### FISH & CHIPS

Haddock in beer batter with homemade chips, mushy peas a tartar sauce

€16

contains fish

### THAI GREEN CURRY

broccoli, courgette, green pea, peppers, spring onion, basil & coconut served with basmati rice, & pitta

€14

contains wheat

### add Prawns or Cajun Chicken

contains crustaceans contains sulphites

€16

### BEEF BURGER

8oz burger with Ballymaloe relish served in a brioche bun with fries

€14.5

contains wheat, milk & mustard. GF bun available.

### add Cheese or Bacon

€15.5

### BUTTERMILK CHICKEN BURGER

in a brioche bun with spicy mayo and sweet potato fries

€14.5

contains wheat, milk & soybean GF bun available.

### add Cheese or Bacon

€15.5

### CHICKPEA & ALMOND BURGER

in a brioche bun with Ballymaloe relish and fries

€14

contains wheat, almond & soybean & mustard GF bun available.

### add Cheese or Bacon

€15

## Sides

SWEET POTATO FRIES / ROSEMARY & PARMESAN FRIES

ROCKET & PEAR SALAD €4.95 // FRIES €4.45 // GARLIC BREAD €4.25

## Sandwiches

MON-FRI 12-4 €7.5 ADD SOUP OR CHIPS €9.5

### CONFIT DUCK WRAP

with pak choi, carrots, shredded cucumber, coriander, spring onion, bean sprouts & mixed leaves with hoisin sauce

contains wheat, soybean & sesame seeds. GF bread option

### CLASSIC CLUB SANDWICH

with chicken, cheddar cheese, bacon & lettuce with a Dijonaise spread

contains wheat & mustard. GF bread option

### TOFU BANH MI

crusty roll with lemongrass, aubergine & tofu balls, pickled radish, cucumber & carrot with a sriracha mayo

contains wheat. GF bread option

### PO BOY SANDWICH

prawns, tomato, gherkin & iceberg lettuce with a remoulade dressing

contains wheat & crustaceans. GF bread option

## Platters

### CHEESE BOARD

Durrus, Cashel Blue, St Tola Goats & Manchego served with grapes, chutney, nuts and crackers

€9.5

contains wheat, milk, almonds & mustard. GF bread option

### CHARCUTERIE BOARD

Prosciutto, Salami, Mortadella & Chorizo served with pickles, olives, relish & crusty bread.

€9.5

contains wheat, sulphites & mustard. GF bread option

### LARGE MIXED CHARCUTERIE..

€17  
contains wheat, milk, almonds, sulphites & mustard. GF bread option

# IFI CAFE BAR



## Desserts

€6.50

### ETON MESS

crushed meringue, thick cream,  
fresh strawberries & coulis

contains dairy &  
eggs

### BROWNIE NUT SUNDAE..

crushed brownie with vanilla ice  
cream, cream, chocolate sauce  
& hazelnuts

contains dairy,  
eggs & hazelnuts

### CHEESECAKE OF THE DAY

served with bourbon vanilla ice  
cream & raspberry coulis

contains dairy,  
wheat, sulphites &  
soybean

### POPCORN & CARAMEL

salted popcorn with bourbon  
vanilla ice cream  
drizzled with salted caramel sauce

contains dairy.

### SORBET

raspberry sorbet with fresh  
strawberries

## Cocktails

MOJITO	€9.95
APEROL SPRITZ	€9.95
COSMOPOLITAN	€9.95
MOSCOW MULE	€9.95
ESPRESSO MARTINI	€9.95
BLOODY MARY	€9.95
MIMOSA	€8.50
BELLINI	€8.50

## Draught

GUINNESS	€3.30	€5.80
HOP HOUSE 13	€3.30	€6.10
MADRI	€3.60	€6.70
CARLSBERG	€3.30	€6.10
REBEL RED	€3.30	€6.10
CHIEFTAIN IPA	€3.50	€6.40
ROCKSHORE	€3.30	€6.10
ASPALL'S CIDER	€3.60	€6.50

## White Wine

	175ML	250ML	BOTTLE
LE BOSQ GRENACHE BLANC France, 2018	€6.25	€8.00	€25.00
SIERRA SALINAS MACABEO Spain, 2018	€7.25	€9.50	€29.00
GABRIELLA PINOT GRIGIO Italy, 2021	€8.00	€10.50	€32.00
LA CHAVALIERE CHARDONNAY France, 2020	€8.50	€11.00	€34.00
TOURAINES SAUVIGNON BLANC France, 2020	€9.00	€11.50	€35.00

## Red Wine

	175ML	250ML	BOTTLE
LE BOSQ GRENACHE ROUGE France, 2020	€6.25	€8.00	€25.00
VALDEMORO MERLOT France, 2020	€6.75	€8.50	€27.00
REAL CAMPANIA TEMPRANILLO Spain, 2019	€7.25	€9.25	€29.00
ESCAPADA LISBOA RARE RED Portugal, 2019	€7.50	€9.50	€30.00
DON DAVID RESERVE MALBEC Argentina, 2020	€8.50	€11.50	€34.00

## Rose & Bubbles

	175ML	250ML	BOTTLE
GABRIELLA ROSE PINOT GRIGIO Italy, 2020 Blush Rose	€6.50	€9.00	€25.00

MASOTTINA PROSECCO FRIZZANTE  
Italy

GLASS €7.50 BOTTLE € 35.00

VINTAGES MAY VARY