

To help you choose dishes that fit your lifestyle we have introduced the following symbols on our menu:

- (C) Coeliac friendly - please note our kitchen contains all major allergens and cannot guarantee food is allergen free
- (V) Vegetarian - please note we classify all cheeses as vegetarian
- (LF) Low fat
- (GI) Low Glycemic Index/ low sugar
- (SP) You may substitute wholewheat pasta and/or request a smaller pasta portion
- (SR) You may substitute wholegrain rice, choose a smaller portion of rice or substitute green leafy vegetables

We also serve freshly squeezed juices at the bar. Cocktails made with freshly squeezed juice may help combat the effects of alcohol

## Appetisers

PRAWNS PIL PIL (GI) **9.95**  
Prawns, garlic & Chili oil, crusty bread

CHICKEN TENDERS **7.95**  
Breaded & fried boneless chicken fillet, honey BBQ dipping sauce

BUFFALO TENDERS **8.95**  
Chicken tenders tossed in mild, wild, suicidal or insane sauce, blue cheese & celery

BUFFALO (C)(GI) OR BBQ WINGS (C) **8.95** SMALL  
**12.95** LARGE  
Choose mild, wild, suicidal, insane or honey BBQ

SPANISH FRIES **4.95**  
French fries, dry spices, jalapeños, olives & Monterey jack cheese

CHICKEN QUESADILLA **7.95** 1/2  
**10.95** FULL  
Flour tortillas, creole chicken, cheese, peppers & onions, with salsa, sour cream & guacamole

BBQ PORK RIBS (C) **7.95**  
Half rack, BBQ sauce & coleslaw

PULLED PORK SLIDERS **8.95**  
3 mini buns, pulled pork, apple & rocket slaw

NACHOS (V)(C) (to share) **9.95** REGULAR  
**11.95** CHICKEN  
**11.95** SLOPPY GIUSEPPE  
Corn chips, Monterey Jack & cheddar cheese, jalapeños, black olives, refried beans, sour cream, salsa & guacamole

TEX MEX COMBO PLATTER (to share) **19.95**  
Ribs, wings & quesadilla

NEW YORK COMBO PLATTER (to share) **21.95**  
Pulled pork sliders, ½ quesadilla, buffalo tenders

TEX MEX ROLLS **9.95**  
Filled with spicy chicken, corn, black-eyed beans, peppers, cheese & onions garnished with salsa, sour cream & guacamole

All major allergens are in our kitchen so we cannot guarantee that any dish is completely allergen free. A full list of allergens is available in a folder from our staff, please ask.

Items marked (C) are coeliac friendly but are not guaranteed gluten free.

Items marked (V) are vegetarian but not necessarily vegan

All of our beef originates in Ireland

## Soups & Salads

HOMEMADE SOUP **4.95**  
Ask for today's soup

WARM THAI BEEF SALAD (C)(LF)(GI) **9.95** APP  
**13.95** MAIN  
Green leaf, rocket, spring onion, chilli, lime, lemongrass & ginger flavours

CHICKEN, CHILLI & LIME SALAD (C)(LF)(GI) **8.95** APP  
**12.95** MAIN  
Mixed leaves, pickled cucumber, onion, garlic potato cubes, baby tomato & chilli

GOATS CHEESE & POACHED PEAR SALAD (C)(GI)(V) **8.95** APP  
**12.95** MAIN  
Baby leaf salad & toasted walnuts

## Mains

BEEF SHORT RIB (C) **14.95**  
Slow roasted, mash, jus & vegetables

MEH MEH STIR FRY (LF)(GI)(SP)(SR) VEG **13.95**  
Chilli, garlic, sweet soya, sautéed vegetables & cashew nuts. **14.95** CHICKEN  
**15.95** BEEF  
**16.95** PRAWN  
Choose noodles or rice.

CHICKEN PARMESAN (SP) **15.95**  
Parmesan crusted chicken, tarragon cream tomato sauce, tagliatelle pasta, garlic bread

THAI RED CURRY (C)(V)(LF)(SR) **14.95** VEG  
**15.95** CHICKEN  
**16.95** BEEF  
**16.95** PRAWN  
**HINT:** for a super healthy, low cal, low fat, meal order this with green leafy veg instead of rice

OUR FAMOUS FAJITAS (V)(GI) **15.95** VEG  
**16.95** CHICKEN  
**17.95** BEEF  
**18.95** COMBO  
**17.95** PRAWN  
Marinated steak or chicken, peppers, onions, flour tortillas & 5 toppings: Salsa, sour cream, guacamole, cheddar cheese & lettuce

SPATCHCOCK ½ CHICKEN (C) **14.95**  
½ chicken, bone in, spatchcocked, glazed & chargrilled. Choose apple 'slaw & fries or seasonal veg, mash & jus.

OUR FAMOUS BBQ RIBS (C) **15.95**  
Pork loin ribs, 'slaw & fries

OVEN ROAST CHICKEN (C) **XX.xx**  
Roast pine nut & thyme crust, cinnamon carrots, chive & nutmeg mash, pomegranate jus

## Seafood

PRAWN & CHORIZO PASTA (SP)	15.95
Tomato & basil sauce, chilli & linguini	
BATTERED FRESH FISH OF THE DAY	13.95
Fresh fish battered & served with chips, mushy peas & tartar sauce	
GLAZED SALMON	XX.xx
Pan-fried, maple soy, glazed salmon, roast vegetable couscous, sesame seed green beans	

## Steaks & Grill

### TEMPERATURE GUIDE:

**rare:** red in the middle, lots of red juices  
**medium rare:** still red with less red juice  
**medium:** pink & firm  
**medium well:** may have a little pink  
**well done:** no pink meat

FILLET MIGNON (C)	80Z	24.95
West cork beef Fillet, glazed carrot, kale, caramelised shallots choice of potato & sauce		
12OZ FILLET (C)		28.95
Huge prime hand cut Fillet, choice of sides & sauce		
BLUE CHEESE FILLET MIGNON (C)	80Z	25.95
West Cork Fillet mignon, blue cheese, caramelised shallot, broccoli choice of potato & sauce		
10OZ HEREFORD SIRLOIN (C)		23.95
Portobello mushroom, sautéed shallot, glazed carrots, fries & pepper sauce		
RACK OF LAMB		XX.xx
Herb crusted lamb, char-grilled asparagus, glazed carrot, fondant potato rosemary jus.		

## Rock Menu

**Served still cooking on a polished volcanic rock. No oils are used making this a really healthy alternative. THE ROCKS ARE EXTREMELY HOT!! PLEASE DO NOT TOUCH!!**

**NB:** All Rocks are served with a choice of rice, mash or fries

**HINT:** For a super healthy, high protein, low fat, low GI meal order your Rock with veg or salad

FILLET ROCK (C)	25.95
Fillet of Irish beef, mushrooms, onions, pepper sauce & Mesquite seasoning	
HEREFORD SIRLOIN ROCK (C)	23.95
10 Oz prime Irish Hereford Sirloin, mushrooms, onions, fries & choice of sauce	
<b>Sauces:</b> Red wine jus (C), garlic butter (C), BBQ sauce (C), pepper sauce (C)	

## Burgers & Sandwiches

**All our beef burgers are Irish beef 1\2 pound in weight secretly seasoned served on a bap with lettuce, tomato, onion & French fries.**

**Choose the bread:** Toasted wrap, brioche bun or nude (on a bed of salad leaves)

**HINT:** All our burgers & sandwiches are coeliac friendly if ordered nude

FALAFEL BURGER (V)	9.95
Cumin & coriander chickpeas, tomato salsa, roast pepper & smoked paprika greek yoghurt	
AMERICAN CLASSIC	13.95
Bacon, cheese, mushroom & onions	
BACON CHEESEBURGER	12.95
Melted cheddar & streaky bacon	
BBQ BURGER	12.95
BBQ sauce & crispy onions	
BUMPER BURGER	12.95
Melted cheese, pickles & our secret sauce	
BLUE CHEESE BURGER	13.95
West Cork beef, blue cheese & bacon	
BLACKENED CHICKEN SANDWICH	11.95
Blackened chicken breast, tarragon mayonnaise, fries	
BUFFALO CHICKEN SANDWICH	12.95
Breaded chicken breast, mild, wild, suicidal or insane sauce & blue cheese dressing	
PULLED PORK CIABATTA	11.95
Pulled pork, apple & rocket slaw, ciabatta	
PHILLY CHEESE STEAK	13.95
Shaved beef, melted cheese, peppers & onions on ciabatta	
STEAK SANDWICH	13.95
Marinated beef, mushrooms, onions, pepper sauce on toasted ciabatta	
CHICKEN & AVOCADO WRAP	9.95
Warm grilled chicken, avocado, guacamole, mixed leaves, toasted wrap	
	ADD FRIES 11.95

## Sides

Apple & rocket slaw, mashed potato,	1.50
Basmati rice, wholegrain rice, mushrooms & onions, garlic bread, garlic bread with cheese, French fries, baby leaf salad, seasonal veg.	2.95
Sweet potato fries	2.95
Baked potato	3.95
Spanish fries	4.95
Substitute Spanish fries for fries add €2	

# eat

Our food is cooked to order, please allow sufficient cooking time.  
 Service charge of 10% will be added to parties of 10 or more.  
 We are unable to split bills.

eat



EAST VILLAGE

EAT • DRINK • SLEEP