



Early Bird Menu

Served 5.30pm-7.00pm Sunday-Friday

Starters

Another Pot of Soup

Homemade Multi-Seed Bread, Toasted Seeds

Blackcurrant & Gun Powder Gin Cured Salmon Gravlax

Baby Leaf Salad, Lime Sea Foam, Blackcurrant

Goats Cheese Gnudi

Tomato Salsa, Herb Salsa, Organic Leaves

Crispy Buttermilk & Taragon Marinated Chicken Salad

Beetroot, Puy Lentils, Pickles, Balsamic Dressing

Main Courses

McHale's 12 Hour Slow Braised Beef Feather Blade

Parsnip Puree, Baby Spinach, Pearl Onion Jus

Pan-Fried West Coast Hake

Rich Mussel Bouillabaisse, Celery, Tomato, Potato Fondant

Oven Roast Irish Chicken Supreme

Winter Herb Risotto, Pak Choi, Caramelized Hazelnut

Spiced Cous Cous

Velvet Cloud Sheeps Yoghurt, Grilled Vegetable

Side Orders

Rosemary Salted Skinny Chips, Sweet Potato Fries, Barley Risotto, Garden Salad

3.5

Desserts

Forest Berry Mousse

Chocolate Soil, Meringue, Frozen Yoghurt

Seasonal Fruit Crumble

Vanilla Ice-Cream

Rich Dark Chocolate & Coffee Cake

Caramel, Peanut Ice-Cream

Selection of Ice-Cream

Warm Mixed Berries

Main Course 15, Two Courses 20, Three Courses 25

If you have any dietary requirements, please do not hesitate to inform your waiter/ess for further information and details of the allergens on this menu