

# BLACKROCK BAR

Available from 12:00 - 21:30

## LIGHT BITES

### **SOUP OF THE DAY €5.90**

*Served with Homemade Brown Bread*

MK | SY | CY | WH | TN

### **WILD ATLANTIC SEAFOOD CHOWDER €8.50**

*Served with Homemade Brown Bread*

WH | CY | MS | FH | CS | TN

### **BLACKROCK SPICED CHICKEN WINGS (6 PCS) €8.50**

*Served with Celery Stick and a Choice of Blue Cheese Dip or Chipotle Dip*

SP | EG | CY | MD | TN

## SOMETHING SUBSTANTIAL

### **BLACKROCK BEEF BURGER €18.50**

*Served on a Toasted Brioche Bun, Tomato, Lettuce, Mayonnaise, Melted Cheese, Grilled Onion, Bacon & Chips*

WH | DR | EG | SP | MD | SY

### **BEER BATTERED FISH & CHIPS €17.50**

*Served with Tartar Sauce & Mushy Peas*

FH | MS | CS | DR | MD | SP

### **BREADED CHICKEN GOUJONS & CHIPS - 3/6 PIECES €9.00/€15.50**

*Served with Sweet Chili Mayonnaise Dip, Chips & Side Salad*

WH | DR | TN | EG

Allergen Information SP: Sulphites, MD: Mustard, CY: Celery, TN: Tree Nuts, WH: Wheat, EG: Eggs, DR: Dairy, SY: Soya, PN: Peanuts, SE: Sesame, CS: Shellfish, MS: Molluscs, FH: Fish, LP: Lupin

## **GRILLED BEAN & VEGETABLE BURGER €12.50**

*Served on a Brioche Bun with Tomato, Lettuce, Guacamole & Chips*

WH | SY | SP | DR | DR | EG

*Available from 17:00 - 21.30*

## **GRILLED 8OZ HEREFORD CENTRE SIRLOIN STEAK €27.50**

*Served with Onion Rings, French Fries, Trio of Brandy Peppercorn Sauce*

DR | TN | SP | SY | EG

## **OVEN-BAKED DARNE OF SALMON €23.50**

*Served with Creamy Mash Potato & Tender Broccoli Florets & Lemon  
Butter Sauce*

DR | CY | CS | SP | FH

## **CHICKEN TIKKA MASALA CURRY €18.50**

*Served with Saffron Rice and a Poppadom*

TN | SY

## **PENNE PASTA €15.50**

*Cooked in Tomato Sauce, with Roasted Mediterranean Vegetables,  
Parmesan Cheese, Garlic Bread*

WH | TN | DR | EG | SY

*Available from 12:00-21:30*

## **SOMETHING HEALTHY**

### **QUINOA CHICKEN SALAD €13.50**

*Quinoa, Baby Gem, Roasted Beetroot, Broccoli Florets, Crushed Walnuts,  
Chicken, Lime, Aioli Dressing*

SP | TN

## **BLACKROCK SALAD €9.50**

*Chickpeas, Roasted Mediterranean Vegetables, Broccoli, Cucumber, Crushed Avocado, Lemon & Honey Dressing, Toasted Pumpkin Seed*

TN | MD

## **SPICED BEEF PROTEIN SALAD €15.90**

*Smoked Turkey Breast, Free Range Egg, Sliced Cherry Tomato & Onion, Cos Lettuce with Spicy Smashed Avocado & House Vinaigrette*

EG | SP | MD

## **V.L.T €8.50**

*Roasted Mediterranean Vegetables, Baby Spinach, Vine Tomato, Hummus & Cucumber on a Toasted Wrap*

WH | SE | SY | TN | MD

## **CHICKEN DELIGHT €9.90**

*Poached Chicken, Apple Wood Smoked Cheese, Baby Gem Lettuce, Avocado, Jalapeno, Lime Mayo on a Toasted Wrap*

WH | SY | EG | MD | DR | TN

*Available From 12:00- 17.00*

## **SANDWICH CORNER**

**All Served with House Fries & Side Salad**

## **TOASTED SPECIAL €12.90**

*Honey Glazed Baked Limerick Ham, Mature Cheddar Cheese, & Red Onion on Granary Bread*

WH | SP | MK | TN

## **AVOCADO BLT €12.50**

*Grilled Bradley Bacon, Baby Spinach, Vine Tomato, Chipotle Mayonnaise,  
Crushed Avocado on a Toasted Ciabatta*

MK | EG | SP | SY, MD | WH | TN

## **CLASSIC EGG €10.50**

*Free Range Egg Mayonnaise, Cress and Cucumber on Granary Bread*

WH | SY | TN | DR | EG | MD

## **TUNA MELT €11.50**

*Tuna & Sweetcorn Salad, Melted High Protein Edam Cheese on  
Granary Bread*

FH | WH | TN | DR | SP

## **SIDES €3.50/EACH**

### **CHIPS**

DR

### **MASHED POTATO**

DR

### **SIDE SALAD**

TN | CY

### **ONION RINGS**

DR | TN | CY

### **GARLIC BREAD**

WH | DR | SY | EG

### **STEAMED VEGETABLES**

TN | DR