

VEGAN & HEALTHY OPTIONS

STARTERS

- Red Onion Marmalade Bruschetta**€9.95
On wholemeal brown bread, topped with plant base cheese, balsamic reduction. *Contains: (CY) Wheat*
- Fan of Watermelon**€7.95
Fresh Sicilian oranges with a spinach and fruit smoothie. *Contains: (SD)*
- Pepper Rocket**€7.95
Fresh beetroot, maple walnuts, sweetcorn, red onion, and cherry tomatoes, drizzled with balsamic glaze. *Contains (SD)*
- Pan Fried Garlic Mushrooms**€9.95
On toasted croute. *Contains: Wheat*

VEGAN MAINS

- Garlic Flatbread**€18.95
Topped with roasted Mediterranean vegetables plant-based cheese, drizzled with balsamic vinegar. *Contains: Wheat (S)*
- Sweet Potato Falafel Wrap**€18.95
Red onion marmalade, mayo, crisp lettuce, folded in a soft flower tortilla, served with chips and salad. *Contains: Wheat (SD)*
- Oriental Vegetable Stirfry**€18.95
Served with savoury rice. *Contains: Wheat (SD)*
- Whitford Vegan Spice Bag**€18.95
Vegetables, chips and falafel, toasted in a spice bag mix. *Contains: Wheat (S) (SD) Barley*
- Asian Flavoured Vegan Curry**€18.95
Served with scented rice. *Contains: (CY) (SD)*

VEGAN DESSERTS

- Warm Apple and Rhubarb Oatmeal Crumble**€7.95
Serve with sorbet. *Contains: Oats*
- Vegan Acai Bowl**€8.95
Acai topped with banana, strawberry, dates, peanut butter, drizzled with maple syrup. *Contains: Peanut*
- Seasonal Berry Sundae**€8.95
Succulent Wexford strawberries, blueberry and raspberries layered between refreshing raspberry and passionfruit sorbet *Contains: (SD)*
- Rhubarb, Date, Banana, Maple and Cinnamon Bake**€7.95
Topped with crisp flakes almond, with sorbet. *Contains: Almonds*

VEGETARIAN OPTIONS

STARTER MAINS

- Florets of Cauliflower coated in a Spiced Crumb** .€9.50 ...€18.95
Served with sweet chilli and Caesar dips.
Build it up: cauliflower wings with chips and salad. *Contains: Wheat (M) (CY) (SD)*
- Penne Pasta in a light Spiced Tomato Sauce** ...€10.95 ...€19.95
With peppers, courgettes, red onion, cherry tomato, stem broccoli and Parmesan cheese, garlic croute. *Contains: (SD) (M) (CY)*
Add Chicken€22.95
Add Prawns (CN)€24.95
- Golden Fried Sesame Crusted Mushrooms** ...€10.95
With aioli dip, salad garnish
- Meal it up , with Chips Coleslaw and Salad**€17.50
Contains (M) Wheat (SE) (MD) (M)
- Home-made Chickpea and Vegetable Burgers**€18.95
Served in a soft broche bun, emmental cheese, crisp lettuce and taco sauce. *Contains: Wheat (E) (M) (MD)*
- Coconut Milk and Mango Asian Curry**€18.95
Seasonal vegetables, served with savoury rice. *Contains: (CY) (SD)*
- Spice Couscous with Mango/Sultanas and Peppers**€18.95
Served with crisp goats cheese, arancini balls, fresh basil pesto *Contains: Wheat (M) (E) cashew*
- Baked Flat Bread**€18.95
Served with red onion marmalade, beetroot, goats cheese toasted walnuts, topped with pepper rocket, balsamic drizzle. *Contains: Wheat (M) (CY) (SD)*

GLUTEN FREE MENU

STARTERS

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|-------------------------------------------------------------------------------------------------------------------|---------|--------|
| | STARTER | MAINS |
| Spice Bag Wings | €12.50 | €21.95 |
| Flavoured chicken wings, served with garlic dip
<i>Contains: (E) (MD)</i> | | |
| Panfried King Prawns & Spicy Chorizo | €12.50 | €24.50 |
| In a rich garlic & spring onion butter, gluten free bread.
<i>Contains: (CN) (F) (M)</i> | | |
| Mexican Flavoured Beef Pots | €11.95 | €21.00 |
| Beef Pots, topped with a duo of cheese, served with nachos and taco mayo. <i>Contains: (SD) (M) (CY) (MD) (S)</i> | | |
| Classic Egg Mayonnaise | €10.95 | |
| Duo sauces, coleslaw and potato salad, cheese and tomato
<i>Contains: (E) (M) (MD) (CY)</i> | | |
| Chef's Homemade Soup of the Day | €6.95 | |
| Gluten free bread. <i>Contains: (M) (E) (S)</i> | | |
| Forthside Chunky Seafood Chowder | €12.95 | |
| Gluten free bread. <i>Contains: (CN) (F) (M)</i> | | |
| Warm Cajun Chicken Caesar Salad | €12.95 | €18.95 |
| With parmesan shavings. <i>Contains: (M) (E) (MD) (CY) (SD)</i> | | |
| Prawn Caesar Salad | €13.95 | €23.95 |
| With parmesan shavings. <i>Contains: (M) (E) (MD) (CY) (SD) (CD)</i> | | |

MAINS

- 10 oz Sirloin Steak**
 €33.95 || Sauté onion & mushrooms, grilled tomato, spring onion & garlic butter. *Contains: (SD) (M)* | |
| **Mix Grill** | €18.95 |
| 2 rashers, 2 gluten free sausages, onion and mushroom, fried egg and pork chop, with chips. *Contains: (E) (SD) (M)* | |
| **Coconut Milk & Mango Asian Curry** | |
| With sweet bell peppers, pak choi & red onions. Served with scented rice. | |
| **Add Chicken.** *Contains: (CY) (SD) (MD)* | €22.95 |
| **Add Prawns.** *Contains: (CY) (CN) (MD) (SD)* | €24.95 |
| **Lamb Shank** | €24.95 |
| Rested on creamy champ, gluten free gravy. *Contains: (SD) (CY)* | |
| **Blackened Cajun Salmon** | €24.95 |
| Honeyed beetroot, sweet corn and tomato salsa. Drizzled with balsamic reduction glaze. *Contains: (F) (CY) (SD)* | |
| **Duo of Monkfish & King Prawn** | €25.95 |
| With cherry tomato, chorizo, streaky bacon, citrus cream sauce. *Contains: (F) (M) (CN) (SD) (CY)* | |
| **Penne Pasta** | €18.95 |
| Roasted mediterranean vegetables, tossed in fresh basil pesto, permesan cheese. *Contains: (M) (CY) (CY) Cashew (E)* | |

GLUTEN FREE PIZZA MENU

ALL SERVED WITH CHIPS & GARLIC DIP

- Margherita.** *Contains: (M) (E) (SD) (MD)*
- €16.95 |
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| **Spicy Pepperoni.** *Contains: (M) (E) (SD) (MD)* | €16.95 |
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| **Spiced Loaded Meat.** *Contains: (M) (E) (SD) (MD)* | €16.95 |
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| **Goats Cheese, Red Onion Marmalade** | €17.95 |
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| *Contains: (M) (E) (SD) (MD)* | |

GLUTEN FREE DESSERTS

- Homemade Chocolate & Baileys Brownie**
 €7.95 || Topped with chocolate sauce and whipped ice cream. *Contains: (E) (M)* | |
| **Homemade Bread & Butter Pudding** | €7.95 |
| Custard and cream, served with whipped ice cream. *Contains: (E) (M)* | |
| **Fresh Fruit & Summer Berry Pavlova, Berry Coulis** | €7.95 |
| *Contains: (E) (M)* | |
| **Vegan Acai Bowl** | €8.95 |
| ACAI topped with banana, strawberry, dates, flaked almond, peanut butter, drizzled with maple syrup. *Contains: Peanut Almond* | |
| **Seasonal Berry Sunday** | €7.95 |
| Succulent Wexford strawberries, blueberries & raspberries, layered between refreshing raspberry & passion fruit sorbet, mango & lime compote. *Contains:* | |
| **Chocolate or Blueberry Muffins** | €7.95 |
| Served with raspberry sorbet. *Contains: (E) (M)* | |

GLUTEN FREE BEER ALSO AVAILABLE

SANDWICHES

WITH ANY OF THE FOLLOWING FILLINGS:
BACK BACON (SD), CHEESE (M)
CHICKEN (CY), CHICKEN AND STUFFING (MD) (M)
OR SALAD MIX (MD) (E) (M)

- Sandwich with 1 Filling (Wheat) (M)**
 €7.50 || **Add Combo: Soup or chips** (Contains M) | €12.50 |
| **Freshly Cut Sandwiches with 2 Filling (Wheat) (M)** | €7.95 |
| **Add Combo: Soup or chips** (Contains M) | €12.95 |
| **Freshly Cut Sandwiches with 1 Meat & 2 Filling** | €7.95 |
| *Contains: (Wheat) (M) (SD)* | |
| **Add Combo: Soup or chips** (Contains M) | €12.95 |
| **Gluten Free Bread with 2/3 Fillings** | €7.95 |
| **Add Combo: Soup or chips** (Contains M) | €12.95 |
| **Tortilla Wrap (Wheat)** | €8.35 |
| **Add Combo: Soup or chips** (Contains M) | €13.95 |
| **Whitford Toasted Special** | €8.95 |
| With home cooked bacon, cheddar cheese, tomato and onion, served with salad and nachos. *Contains: Wheat (M) (MD) (E) (SD)* | |
| **Add Combo: Soup or chips.** (Contains M) | €13.95 |
| **Classic Toasted Sambo** | €8.95 |
| With bacon, chicken, coleslaw & lettuce. *Contains: Wheat (M) (SD)* | |
| **Add Combo: Soup or chips** (Contains M) | €13.95 |
| All Sandwiches are accompanied with Taco Dip, Nachos & Side Salad Garnish. *Contains: (S) (M)* | |

SPECIALITY SANDWICHES

- Open Steak Sambo**
 €21.95 || Pan-fried 6oz steak on a onion and poppyseed bap, crisp leaves, red onion marmalade, sauté garlic mushroom, dijon mustard, mayonnaise, chips, side salad & pepper sauce dip. *Contains: Wheat (M) (CY) (SD) (E)* | |
| **Spiced Chicken Salsa Bake** | €15.50 |
| Toasted garlic ciabatta, topped with cajun chicken, tomato salsa & melting cheese, drizzled with basil pesto & side salad with chips. *Contains: Wheat (M) Cashew (MD) (E)* | |
| **Chicken Caesar Wrap (Cajun or Plain)** | €15.50 |
| In a soft tortilla, served with chips, side salad. *Contains: (M) (SD) (MD) (CY)* | |
| **Toasted Chicken, Stuffing, Mayonnaise & Brie Baguette** . | €15.50 |
| Served with coleslaw & chips. *Contains: Wheat (M) (SD) (CY)* | |
| **Open Prawn Cocktail Sandwich** | €21.50 |
| Toasted ciabatta bread, crisp lettuce topped with king prawn, coated in a rich spicy marie rose sauce, smoked paprika, salad & chips. *Contains: Wheat (E) (CD) (MD)* | |
| **Golden Tender Wrap** | €15.50 |
| Chicken tenders, crisp lettuce, tomato & taco mayonnaise in a soft flour tortilla, served with chips, side salad & nachos. *Contains: Wheat (SD) (M) (MD) (CY)* | |

ICE CREAM SUNDAES

- Eton Mess Sundae**
 €7.95 || Crunchy meringue pieces with summer berry compote, layered between soft whipped ice-cream. *Contains: Wheat (M)* | |
| **Upside Down 99** | €7.95 |
| Vanilla ice-cream, layered with crunch wafer, cadbury flake & chocolate sauce, topped with crisp cone. *Contains: Wheat (M)* | |
| **Raspberry & Berry Ripple Chocolate Crunch Sundae** | €7.95 |
| Vanilla scoop ice-cream, layered with crushed raspberries & berry chocolate sauce, topped with soft whipped vanilla ice-cream. *Contains: Wheat (E) (M)* | |
| **Banoffee Sundae** | €7.95 |
| Soft whipped ice-cream, layered with caramel, banana and biscuit crunch. *Contains: Wheat (M)* | |
| **Rhubarb & Custard Sundae** | €7.95 |
| Stewed rhubarb & custard layered between soft whipped ice-cream. *Contains: Wheat (M) Peanuts* | |
| **Tropical Sundae** | €7.95 |
| Passion fruit sorbet & mango & lime compote, layered between soft whipped ice-cream. *Contains: Wheat (M)* | |
| **Strawberry & Cream Sundae** | €7.95 |
| Succulent Wexford strawberries, fresh cream, between soft whipped ice cream.. *Contains: (M)* | |

HOMEMADE DESSERTS

- Raspberry Ripple Cheesecake**
 €7.95 || With a mango & lime compote. Served with vanilla whipped ice-cream. *Contains: Wheat (E) (M)* | |
| **Warm Apple & Rhubarb Crumble** | €7.95 |
| Served with soft whipped ice-cream and warm custard. *Contains: (E) (M) Wheat* | |
| **Classic Strawberry Tartlet** | €7.95 |
| Pastry case filled with pastry, cream, topped with glazed strawberries served with refreshing sorbet. *Contains: Wheat (M) (E)* | |
| **Greenhill Summer Berry & Fresh Fruit Pavlova** | €7.95 |
| Served with chocolate shavings & summer coulis. *Contains: (E) (M)* | |
| **Warm Chocolate Chip, Sultana & Orange Bread & Butter Pudding** | €7.95 |
| Served with warm custard & whipped ice cream. *Contains: Wheat (E) (M)* | |
| **Whitford Style Banoffee** | €7.95 |
| Topped with chocolate chards. Served with soft whipped ice-cream. *Contains: Wheat (M)* | |
| **Warm Sticky Toffee Pudding** | €7.95 |
| Served with warm butterscotch sauce, whipped ice cream. *Contains: Wheat (E) (M)* | |
| **Selection of Deluxe Ice Cream** | €7.95 |
| Served on short bread biscuits & seasonal fruits. *Contains: Wheat (E) (M)* | |
| **Gluten Free Chocolate or Blueberry Muffin** | €7.95 |
| Served with raspberry sorbet & fresh fruit. *Contains: (E)* | |
| **Homemade Scones** | €4.50 |
| Served with fresh cream & fruit preserve. *Contains: Wheat (M) (E) Plain & Fruit available* | |

CHILDREN'S DESSERTS

- Buzz Lightyears Rocket Fuel**
 €6.75 || Warm Belgium Waffle, Banana, Butterscotch Sauce, Honeycomb Ice Cream. *Contains: Wheat (M)* | |
| **K-Pop Demon Hunters Pancake Stack** | €6.75 |
| Warm American Pancakes, Seasonal Fruit, drizzled with Maple Syrup, Whipped Ice Cream. *Contains: Wheat (M)* | |
| **Angry Birds Naughty But Nice** | €6.75 |
| Chocolate and Banana Brownie Pieces, Chocolate Sauce, topped with Soft Whipped Ice Cream & Marshmallows. *Contains: Wheat (M) (E)* | |
| **Minions Rollercoaster** | €6.75 |
| Trio of Syrup: Strawberry, Lime & Bubble Gum, topped with Soft Whipped Vanilla Ice Cream & Rainbow Sprinkles. *Contains: Wheat (M)* | |

TEAS / COFFEES

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| Tea | €3.00 | Herbal Tea | €4.50 |
| Baileys Coffee | €8.40 | Hot Chocolate | €5.35 |
| Cappuccino | €4.50 | Espresso | €4.15 |
| Calypto Coffee | €8.40 | Iced Coffee Frappé | €5.75 |
| Americano | €4.35 | Irish Coffee | €8.00 |
| Russian Coffee | €8.40 | French Coffee | €8.40 |
| Latte | €4.50 | | |
- Flavoured Syrups**
- .70c extra |
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| Salted Caramel, Hazelnut, Vanilla, Chocolate Cookie, Spiced Maple | |
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| **Barista Plant Based Milk** Soya, Almond, Oat. | .70c extra |
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| **Whitford Caramel Frappe** | €6.95 |
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| Smooth espresso, caramel over crushed ice, topped with milk and whipped cream to finish it off. | |
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| **Oreo Frappe** | €6.95 |
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| Over crushed ice, topped with milk. | |

ALLERGENS - All 14 allergens are used openly through-out the kitchen. Please inform your server of any allergens.
*Gluten = all gluts are individually noted;
*Crustaceans = CN; *Eggs = E; *Fish = F; *Molluscs = MS;
*Soybeans = S; *Peanuts = P;
*Nuts = all nuts are individually noted; Milk = M;
*Celery = CY; *Mustard = MD; *Sesame Seeds = SE;
*Sulphates = SD; *Lupin