

VEGAN & HEALTHY OPTIONS

STARTERS

Red Onion Marmalade Bruschetta €9.95
Red onion marmalade on wholemeal bread, topped with plant based cheese, balsamic reduction. *Contains: (CY) Wheat*

Salad of Rocket Leaves €9.95
Pickled beetroot, carrot, raisins, pineapple plum and hazelnuts, drizzled with maple syrup. *Contains: Hazelnut*

Fan of Watermelon, Fresh Sicilian Oranges €7.95
with a spinach & fruit smoothie. Contains: *(SD)*

Panfried Garlic Mushroom & Toasted Croute €9.95
Contains: Wheat

VEGAN MAINS

Sweet Potato Falafel Wrap €18.95
Red onion marmalade, mayo & gem lettuce, folded in a soft flour tortilla. Served with chips & salad. *Contains: Wheat (SD)*

Oriental Vegetable Stir-Fry €18.95
Served with savoury rice. *Contains: Wheat (SD)*

Asian Flavoured Vegan Curry €18.95
With chickpeas, spinach, sweet bell, peppers, served with scented rice. *Contains: (CY) (SD)*

Whitford Vegan Spice Bag €18.95
Vegetables, chips & falafel, tossed in a spice bag mix. *Contains: Wheat (S) (SD) Barley*

Vegan Fajita Burritos €18.95
Filled with curried diced potato, roasted cauliflower, chickpeas, red onion, marmalade, gratinated with vegan cheese, mango chutney, served with chips. *Contains: Wheat (MD) (CY) S*

VEGAN DESSERTS

Warm Apple and Oatmeal Crumble €7.75
Served with sorbet. *Contains: Oats*

Vegan Acai Bowl €8.95
ACAI topped with banana, strawberry, dates, peanut butter, drizzled with maple syrup. *Contains: Peanut*

Whitford Fresh Fruit Salad €7.95
Served with refreshing sorbet. *Contains: (SD)*

Banana & Peach Maple Bake €7.95
Topped with crisp flaked almonds, with sorbet. *Contains: Almond*

VEGETARIAN OPTIONS

STARTER MAINS

Cauliflower Wings €9.50
Florets of cauliflower coated in a spiced crumb, served with the following dips: sweet chilli & blue cheese.
Build it up: Chips & Salad, Cauliflower Wings €18.50
Contains: (Wheat) (M) (CY) (SD)

Penne Pasta €10.95 ... €19.95
In a rich mushroom & white wine sauce with spinach, sundried tomato & parmesan cheese, garlic croute.
Contains: (Wheat) (CY) (M) (SD)

Golden Fried Vegetable Spring Rolls €11.95
Sweet chili dip.

Meal It Up with salad & chips €19.95
Contains: Wheat (CY) (SD) (S)

Homemade Chickpea and Vegetable Burgers €18.95
Served in a soft brioche bun, emmental cheese, gem lettuce & taco sauce. *Contains: Wheat (E)(M)(MD)*

Coconut Milk & Mango Asian Curry €18.95
Seasonal vegetables, served with savoury rice. *Contains: (CY) (SD)*

Crisp Vol-au-Vent Cases €18.95
Filled with seasonal vegetables in a creamy garlic & mushroom sauce. *Contains: (CY) (SD) (M) Wheat*

Veggie Yorkie €18.95
Filled with sauté onions, mushroom, seasonal vegetables, topped with a golden stuffing ball, creamy pepper sauce. *Contains: Wheat (M) (CY) (SD) (E)*

GLUTEN FREE MENU

STARTERS

STARTER MAINS

Louisiana Hot Sauce Chicken Wings €12.50 ... €21.95
Blue cheese dips, celery sticks. *Contains: (M) (MD)*

Fan of Watermelon, Fresh Sicilian Oranges ... €12.80 ... €21.95
with a spinach & fruit smoothie. Contains: *(SD)*

Oven Baked Salmon, Cod & Prawns €11.95 ... €21.00
In a citrus cream, gratinated with a duo of cheese, garlic bread.
Contains: (CN) (F) (M)

Mexican Flavoured Beef Pots €11.95 ... €21.00
Mince Beef topped with duo of cheese, served with nachos and taco mayo. *Contains: (SD) (M) (CY) (MD) (S)*

Classic Egg Mayonnaise €10.95
Duo sauces, coleslaw and potato salad, cheese and tomato
Contains: (E) (M) (MD) (CY)

Chef's Homemade Soup of the Day €6.95
Gluten free bread. *Contains: (M) (E) (S)*

Forthside Chunky Seafood Chowder €12.95
Gluten free bread. *Contains: (CN) (F) (M)*

Warm Cajun Chicken Caesar Salad €12.95 ... €18.95
With parmesan shavings. *Contains: (M) (E) (MD) (CY) (SD)*

Prawn Caesar Salad €13.50 ... €23.95
Same as above.

MAINS

Cajun Chicken Penne Pasta €19.95
In a rich mushroom & white wine sauce, with spinach, sundried tomato & parmesan cheese. *Contains: (M) (CY) (S)*

10 oz Sirloin Steak €32.95
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)* €21.95
Add Prawns. *Contains: (CY) (CN) (MD) (SD)* €23.95

Lamb Shank €24.95
Rested on honeyed roast vegetables, gluten free gravy.
Contains: (SD) (CY)

Grilled Fillet Of Haddock €24.50
Served with sauté prawns, samphire & chorizo on a lightly spiced tomato sauce. *Contains: (F) (M) (CY) (SD)*

Baked Fillet Of Cod €23.95
In a cherry tomato caper & spring onion butter. Topped with sauté spinach & samphire. *Contains: (F) (M)*

Gluten Free Sausages Kids €8.95 / Adults €15.95
With chips or potato and vegetables. *Contains: (M)*

Gluten Free Chicken Goujons Kids €8.95 / Adults €15.95
With chips or potato and vegetables. *Contains: (M)*

GLUTEN FREE PIZZA MENU

ALL SERVED WITH CHIPS & GARLIC DIP

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

DESSERTS

Aoife's Chocolate & Baileys Brownie €7.95
Topped with chocolate sauce and whipped ice cream.
Contains: (E) (M)

Aoife Bread and Butter Pudding €7.95
Custard and cream, served with whipped ice cream. *Contains: (E) (M)*

Elaine's Fresh Winter 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*

Banana & Peach Maple Bake, topped with crisp almonds . . €7.95
Contains: Almond

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 €20.80
Pan-fried 6oz steak on focaccia bread, gem lettuce and red onion marmalade, sauté garlic mushroom, dijon mustard mayonnaise, chips & side salad, pepper sauce dip.
Contains: (M) Wheat (CY) (SD) (E)

Warm Hawaiian Open Sandwich €14.95
Crisp ciabatta with rocket leaves, topped with warm honeyed bacon & pineapple, drizzled with mustard mayo, served with chips & side salad. *Contains: (M) Wheat (CY) (MD) (E)*

Toasted Chicken, Stuffing, Mayonnaise & Brie Baguette . €15.50
Served with coleslaw & chips.
Contains: Wheat (E) (M) (MD)

Spiced Chicken Bake €15.50
Toasted garlic ciabatta, topped with cajun chicken, red onion marmalade & melting cheese, drizzled with basil pesto & side salad with chips. *Contains: Wheat (M) Cashew (MD)*

Golden Chicken Tender Wrap €15.50
Chicken tenders, gem lettuce, tomato and taco mayonnaise in a soft tortilla, served with chips, side salad & nachos.
Contains: Wheat (SD) (M) (MD) (CY)

Plain Chicken Caeser Wrap €15.50
Served with chips & side salad. *Contains: Wheat (SD) (M) (CY)*

ICE CREAM SUNDAES

Sticky Toffee & Banana Sundae €7.95
Warm sticky toffee, banana & butterscotch sauce, layered between soft whipped ice-cream. *Contains: Wheat (M)*

Peach Melba Sundae €7.95
Chopped peach & raspberry sauce, layered between soft whipped ice-cream. *Contains: Wheat (M)*

Lemon Meringue Sundae €7.95
Lemon Curd, meringue pieces layered between soft whipped ice-cream. *Contains: Wheat (M) (E)*

Warm Belgium Waffle Sundae €7.95
Honeycomb ice-cream, butterscotch sauce, waffle pieces & banana, vanilla whipped ice-cream. *Contains: Wheat (E) (M)*

ACAI Sundae €8.95
ACAI layered with banana, strawberry, peanut butter & dates, drizzled with chocolate, layered between soft whipped ice-cream. *Contains: Wheat (M) Peanuts*

Wobbly Wobbly Sundae €7.95
Raspberry jelly, sorbet & vanilla ice-cream with fruit coulis, topped with sprinkles. *Contains: Wheat (M)*

Life Is Like A Box Of Chocolates €7.95
Vanilla ice-cream with a selection of chocolates & coated with chocolate sauce. *Contains: Wheat (M) (S) NUTS*

HOMEMADE DESSERTS

FROM ELAINE'S PASTRY CORNER

Peach Melba Cheesecake €7.95
Creamy peach cheesecake with raspberry sauce, served with vanilla whipped ice-cream. *Contains: Wheat (E) (M)*

Warm Apple, Pear & Cinnamon Sponge €7.95
Served with custard & vanilla whipped ice-cream. *Contains: (E) (M)*

Lemon Curd Tart €7.95
Topped with crisp meringue finger, served with raspberry sorbet. *Contains: Wheat (M) (E)*

Warm Banana & Chocolate Brownie €7.95
Served with fudge sauce, honeycomb ice-cream.
Contains: Wheat (E) (M)

Seasonal Berry & Fresh Fruit Pavlova €7.95
Served with chocolate shavings & fruit coulis. *Contains: (E) (M)*

Warm Sticky Toffee Pudding €7.95
Served with warm butterscotch sauce. *Contains: Wheat (E) (M)*

Whitford Style Sherry Trifle €7.95
Topped with whipped cream & sprinkles. *Contains: Wheat (E) (M)*

Selection Of Deluxe Ice Cream €7.95
Served on short bread biscuits & seasoned fruits.
Contains: (E) Wheat (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)*

Super Mario Peaches & Cream €6.75
Diced Peaches, Strawberr Syrup, topped with Vanilla Whipped Ice Cream and 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

Tea €3.00	Herbal Tea €4.50
Baileys Coffee €8.40	Hot Chocolate €5.35
Cappuccino €4.50	Espresso €4.15
Calypso 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 Syrups70c extra
Salted Caramel, Hazelnut, Vanilla, Chocolate Cookie, Spiced Maple

Barista Plant Based Milk Soya, Almond, Oat.70c extra

ALLERGENS - All 14 allergens are used openly through-out the kitchen. Please inform your server of any allergens.

*Gluten = all glutes 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