

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 açai bowl** €8.95
Açai 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)*
- 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 brioche 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

- | | 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

- Panfried Lemon & Garlic Scented Chicken** €20.95
Rested on roasted mediterranean vegetables, fresh basil pesto. *Contains: Cashew (M) (E)*
- 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)*
- Add Chicken** €22.95
Add Prawns (CN) €24.95

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
Spiced Loaded Meat. *Contains: (M) (E) (SD) (MD)* €16.95
Goats Cheese, Red Onion Marmalade €17.95
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 Pie** €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 |
| Calyppo 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
Salted Caramel, Hazelnut, Vanilla, Chocolate Cookie, Spiced Maple
- Barista Plant Based Milk** Soya, Almond, Oat. 70c extra
- Whitford Caramel Frappe** €6.95
Smooth espresso, caramel over crushed ice, topped with milk and whipped cream to finish it off.
- Oreo Frappe** €6.95
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 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