



28/11/2025

LUNCH MENU

LIGHT LUNCH

Hot Honey Grilled Toonsbridge Halloumi & Sesame Flat Bread	15
<i>Organic Leaves / Lemon Yogurt / Tabbouleh / Hazelnut Dukkha / Sesame</i>	
Gilligan's Beef Kofta Flatbread	17
<i>Puffed Corn / Harissa Cream Cheese / Heirloom Tomato / Organic Leaves / Chimichurri</i>	
Doonbeg Crab & Smoked Salmon Salad	18
<i>Treacle Bread / Leaves / House Pickles</i>	
Gilligan's Beef Kofta Flatbread	17
<i>Puffed Corn / Harissa Cream Cheese / Heirloom Tomato / Organic Leaves / Cimichurri</i>	
Friendly Farmer Pulled Chicken Toastie	12.5
<i>Cranberry Mayo / Hegerty's Cheddar / Sourdough Stuffing / Pickled Onions</i>	
Add Small Soup Of The Day	3

SMALL PLATES

Spiced Carrot & Lentil Soup		7.5	
<i>Toasted Seeds / Treacle Brown Bread</i>			
Seafood Chowder		10	
<i>Herb Oil / Treacle Brown Bread</i>			
Doonbeg Crab Claws		24	
<i>Roast Garlic / Oyster Lime Cream / Toasted Focaccia</i>			
Atlantic Prawn Pil-Pil		17	
<i>Chili & Garlic Oil/ Toasted Focaccia</i>			
3 Kellys Rock Oysters (Clarinbridge)	OR	3 Flaggy Shore Dainty Oysters (New Quay)	11
<i>Natural / Shallot Mignonette</i>			

BIG PLATES – served with potatoes

Friendly Farmer Crispy Chicken Schnitzel	20
<i>Baby Gem / Ceasar Dressing / Aged Parmesan</i>	
Panfried Fillet of Hake	24
<i>Tenderstem Broccoli / Basil Pesto / Brown Butter Hollandaise</i>	
Pigs on the Green Pork Chop	27
<i>Apple Puree / Sauteed Rainbow Chard / Kale</i>	
Cashew & Cauliflower Korma	21
<i>Rice / Flatbread / Pumpkin Chutney</i>	

Hand Cut Chips	6	Organic Leaves	6
Grilled Sourdough Focaccia	4	Sauteed Greens	6.5

– Everything Made In House, Local & Organic Where Possible –