



## Lunch Menu

### Starters

#### Homemade soup of the day

With freshly baked bread roll

Contains Allergens 6 wheat, 7, 9, 10,11, 12 **€4.95**

#### Frank's hot wings

Marinated chicken wings in Cayenne sauce, chive mayo and celery sticks

Contains allergens 7, 9, 11, 12 **€7.50**

#### Classic Caesar salad

Crisp cos lettuce, garlic croutons, parmesan shavings and creamy Caesar dressing

Contains Allergens 3 anchovies, 6 wheat, 7, 8, 11, 13 **€7.50**

### Main Course

#### Chefs Special of the Day

Served with mashed potato & vegetables

Allergens include 7, 9,12,13 **€11.60**

#### Grain & Grill Thai Red Chicken Curry

Authentic Thai Red curry with a Subtle spice finished with Sautéed vegetables, basmati rice

Allergens contain 7, 9, 12 **€11.60**

#### Classic Fish & Chips

Haddock fillet, crisp batter, caramelised lemon, tartar sauce & fries

Contains allergens 3 Haddock/Anchovies, 6, 9, 11 **€11.60**

#### Hail Cesar Wrap& Chips

Crisp cos lettuce. Chicken pieces, garlic croutons, parmesan shavings and a creamy Cesar dressing served in a tortilla wrap

Contains Allergens 3 anchovies, 6 wheat, 7, 8, 11, 13 **€10.95**

#### Grain& Grill Club Sandwich served with Fries

Fillet of Chicken, Heaney`s Bacon, Tomato and crisp lettuce with mayo on a lightly toasted white or brown bread **€10.95**

Contains Allergens 6 Wheat,8,9,11,13

### Dessert

Ask your server

### Allergen Index

No. 1 & 2 Shellfish, No. 3 Fish, No. 4 Peanuts, No. 5 Nuts,  
No. 6 Cereals containing Gluten/Wheat, No. 7 Milk, No.8 Soya  
No. 9 Sulphur Dioxide, No. 10 Sesame Seeds, No. 11 Egg  
No. 12 Celery and Celeriac, No. 13 Mustard, No. 14 Lupin

All meats sourced from Irish farms