

## THE APRON RESTAURANT DINNER MENU

### Starters

#### **Chef's Homemade Soup**

*With selection of breads*  
(Allergens 6 wheat, 7, 8, 9, 12)

€6

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#### **Grilled Asparagus & Roasted Courgette**

*With hazelnut & lime dressing*  
(Allergens 5 hazelnut,)

€6.75

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#### **Beetroot Cured Salmon**

*With wild rocket, fresh fig, capers, dill, flowers & lemon oil*  
(Allergens 3 salmon, 8, 9, 10)

€9

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#### **Candy Toasted Walnuts and blue cheese salad**

*With Cashel blue cheese, watercress & apple*  
(Allergens 5 walnut, 7, 8, 9, 11)

€6.75

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#### **Spicy Chicken Wings**

*With a hot spicy glaze, garlic chive & plum dips; served with celery*  
(Allergens 6 wheat, 7, 8, 9, 11, 12)

€6.50

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#### **Fresh Mussels**

*With white wine cream, leek & a little chilli; served with Guinness  
soda bread*  
(Allergens 1, 2 mussels, 6 wheat, 7, 8, 9)

€7.50

## Mains

### **Pan-fried Seabass**

*With parmesan potato, sugar snap, broccoli stems, butter & dill cream*

*(Allergens 3 seabass, 6 wheat, 7, 9, 11)*

**€23.50**

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### **Stir-fried Fillet Steak**

*With oyster sauce, Asian vegetables & steamed rice*

*(Allergens 1, 2 oyster, 6 wheat, 7, 9, 11)*

**€22.50**

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### **Corn-Fed Chicken Supreme**

*With tagliatelle, baby spinach, sun-dried tomatoes & fresh pesto*

*(Allergens 5 pine nuts, 6 wheat, 7, 8, 11, 14)*

**€19.75**

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### **10oz Hereford Sirloin of Beef**

*With Portobello mushroom, beef tomato, triple pepper and cognac sauce*

*Served with chunky chips & parmesan truffle oil*

*(Allergens 6 wheat, 7, 8, 9, 13)*

**€28.50**

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### **Oven-baked Hake**

*In chilli lime & mint crust, served with sweet potato, pack choy & soy sauce*

*(Allergens 3 hake, 6 wheat, 7, 8, 10)*

**€22.50**

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### **Pad Thai\***

*Served with rice noodles; chicken, prawn, chilli, onions, bean sprouts, coriander, mint & lime*

*(Allergens 1, 2 prawns, 5 peanuts, 8, 9, 10, 13 14)*

*\*Can be adapted for Vegan & Vegetarians*

**€18.75**

## **Braised Lamb Rump**

*With Boilie goats cheese, croquette, minted pea sapphire, shallot & rosemary jus*

*(Allergens 6 wheat, 7, 8, 11, 13)*

**€22.50**

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## **Ravioli Pasta**

*With buffalo mozzarella, wild mushroom, kale cream & tomato salsa*

*(Allergens 6 wheat, 7, 8, 9, 11)*

**€17.50**

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## **SIDES**

*Seasonal Vegetables (allergens 7, 9)*

*Chunky Chips (allergens 6 wheat, 7, 9)*

*Pan-fried Mushrooms & Onions (allergens 7)*

*Creamy mashed Potato (allergens 7, 9)*

*Maldron Mixed Salad (allergens 7)*

*Sweet Potato Fries (allergens 9)*

***Each Side Order Priced At €5***

## *Desserts*

### **Chocolate Salted Caramel Cheesecake**

*Served with White Chocolate Sauce*

*(Allergens 4,6,7,11)*

€8.50

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### **Zing Lemon Tart**

*Served with blackberry & raspberry ripple ice-cream*

*(Allergens 4 almonds, 6 wheat, 7, 11)*

€8.50

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### **French Apple Flan**

*With a ginger cream*

*(Allergens 4 almond, 6 wheat, 7)*

€8.50

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### **Chocolate Tart**

*With caramelised popcorn, pistachios & vanilla ice-cream*

*(Allergens 5 pistachio, almond, 6 wheat, 7, 11)*

€8.50

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### **Irish Cheese Board**

*Served with biscuits, celery, grapes & red onion*

*(Allergens 5, 6 wheat, 7, 8, 10, 11, 12, 14)*

#### *Allergen Index*

*No1&2 Shellfish (type e.g. prawns or mussels)*

*No3 Fish*

*No4 Peanuts*

*No5 Nuts (specify nut)*

*No6 Cereal containing gluten. (need to state what type e.g. gluten)*

*No7 Milk/milk products*

*No8 Soya*

*No9 Sulphur Dioxide*

*No10 Sesame seeds*

*No11 Egg*

*No12 Celery and Celeriac*

*No13 Mustard*

*No14 Lupin*