

grain & grill

MENU _____

BAR BITES

Marinated Cypressa Mixed

Olives v/VG/GF 5.50

Allergen: 7

Warm Tomato Focaccia Bread v

 5.00

Basil pesto

Allergens: 4 peanut, 5 almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut, 6 barley, oats, rye, wheat, 7, 8, 10, 11

SANDWICHES

Add a mug of soup or sea salt fries to any sandwich for 3.00

Sourdough Ham and Smoked Cheese Toastie

 8.50

Carved ham, Applewood cheese, red onion relish

Allergens: 6 wheat, 7, 12, 13

Smashed Falafel Wrap v

 7.00

Plum tomato, baby gem, onion chutney, curry mayo

Allergens: 4 peanut, 5 almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut, 6 barley, wheat, 9, 10, 12, 13

SMALL PLATES

3 small plates for 24.00

Fresh Artisan Soup v

 7.50

Warm sourdough loaf

Allergens: 6 barley, oats, rye, wheat, 7, 8, 9, 11, 12, 13, 14

Sweet Potato Onion Bhaji vg

 8.00

Mango relish

9" Hand-Stretched Sourdough Garlic Bread v

 9.50

Cheese, aioli

Allergens: 6 wheat, 7, 8, 11, 13

Greek Keftedes

 9.50

Meatballs, Greek herbs, plum tomato sauce, feta cheese, mint tzatziki, pita

Allergens: 6 wheat, 7, 12

Original Buffalo Chicken Wings

 10.50

Crisp fried wings, hot sauce, Cashel Blue dip

Allergens: 7, 8, 9, 10, 11, 12, 13

Shrimp Tacos

 10.00

Soft tacos, popcorn shrimp, red cabbage slaw, chipotle sauce, pico de gallo

Allergens: 1 crustaceans, 2 molluscs, 3 fish, 4 peanut, 6 wheat, 7, 8, 9, 10, 11, 12, 13, 14

11" STONE-BAKED PIZZA

All pizzas are available gluten-free

Alla Diavola

 16.50

Tomato sauce, mozzarella cheese, chilli, pepperoni and jalapeño

Allergens: 6 wheat 7, 8, 13

Margherita Pizza v

 15.00

Fresh tomato sauce, mozzarella and herbs

Allergens: 6 wheat 7, 8, 13

Contadina v

 18.00

Goat's cheese, balsamic onion, oyster mushroom and basil pesto

Allergens: 4 peanut, 5 almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut, 6 wheat, 7, 8, 10, 13

LOADED FRIES

Chorizo and Mozzarella

 8.00

Ranch dressing

Allergens: 7, 8, 11, 13

Volcano Vegan vg

 9.00

Hot sauce, garlic mayo, fried chilli, spring onion

Allergen: 13

Crispy Sesame Chicken

 10.00

Asian spices, katsu curry sauce, buttermilk dressing, sliced fresh chilli

Allergens: 7, 8, 10, 11, 12, 13

CHEF'S SPECIAL

Please ask your server for our daily special

HOUSE BURGERS

Our Steak Burger is made to our unique specification, using prime Angus beef rib responsibly sourced by our butcher, Quigley Meats, Innishmore, Ballincollig, Cork.

Classic Burger 18.50

Smoked Applewood cheese, crispy onions, baby gem lettuce, tomato relish, sea salt fries

Allergens: 6 barley, oats, rye, wheat, 7, 8, 9, 12, 13

TRY ADDING: Bacon +2.00

Creole Buttermilk Chicken Burger 18.50

Mexicana cheese, crispy onion ring, jalapeños, Cajun slaw, chipotle mayo, sea salt fries

Allergens: 5 almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut, 6 barley, oats, rye, wheat, 7, 8, 10, 11, 13

Moroccan Spiced Falafel Burger vg 16.50

Plum tomato, baby gem, onion chutney, crunchy slaw, potato bun, sea salt fries

Allergens: 6 barley, oats, rye, wheat, 8, 9, 12, 13

MAIN COURSES

Caesar Salad 11.50

Cos lettuce, sourdough croutons, Parmesan caesar dressing

Allergens: 6 wheat, 7, 11, 13

TRY ADDING:

Cajun chicken +5.25

Allergens: 4 peanut, 13

Crisp fried shrimp +6.00

Allergens: 1 crustaceans, 2 molluscs, 3 fish, 6 barley, wheat, 7, 8, 9, 11, 12, 14

Baked Cajun and Lime-Crusted Salmon 25.00

Fried potatoes, charred Tenderstem broccoli, tomato salsa

Allergens: 3 salmon, 5 almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut, 6 wheat, 7, 10

Slow-Braised Irish Featherblade of Beef 24.50

Grilled seasonal vegetables, garlic mash, rosemary jus

Allergens: 6 wheat, 7, 8, 9

Chicken Katsu-Style Curry 16.00

Crisp fried sesame chicken, steamed rice, pickled ginger, edamame bean salad

Allergens: 6 wheat, 8, 10, 12

Traditional Fish and Chips 19.25

Battered fillet of fish, tartare sauce, crushed peas, sea salted fries

Allergens: 3 fish, 6 barley, wheat, 11, 13

Buddha Bowl v 11.50

Cumin and lemon couscous, chickpea, red peppers and harissa salad, charred baby corn, smashed avocado and toasted pumpkin seeds, gochujang, soy and ginger dressing

Allergens: 5 almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut, 6 barley, wheat, 7, 8, 9, 10, 11, 12, 13

TRY ADDING:

Cajun chicken +5.25

Allergens: 4 peanut, 13

Smoked tofu **VG** +3.50

Allergens: 8

Crisp fried shrimp +5.50

Allergens: 1 crustaceans, 2 molluscs, 3 fish, 6 barley, wheat, 7, 8, 9, 11, 12, 14

SIDES

Sea Salt Fries v/VG/GF 4.50

Rocket Salad v/GF 5.00

Cherry tomatoes, balsamic dressing, shaved Parmesan

Allergens: 7, 9, 11

Parmesan Fries v 6.50

Truffle mayo

Allergens: 7, 11, 13

Sauté Tenderstem Broccoli v 5.00

Garlic butter

Allergen: 7

ALLERGEN INDEX

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|---------------|-----------------------------|--------------------|-----------------------|
| 1. Crustacean | 5. Nuts | 8. Soya | 12. Celery & celeriac |
| 2. Molluscs | 6. Cereal containing gluten | 9. Sulphur dioxide | 13. Mustard |
| 3. Fish | 7. Milk/milk product | 10. Sesame seeds | 14. Lupin |
| 4. Peanut | | 11. Egg | |

We take food allergies very seriously; however, our kitchen has many ingredients, so we can't guarantee zero cross-contamination with allergens. Please inform a member of our team of any food allergies so we can guide you accordingly.

We have also highlighted dishes which are Vegetarian, Vegan, or Gluten-free:

V Vegetarian

VG Vegan

GF Gluten-free



Please scan QR code for allergens.

DRINKS

Please ask your server for our range of draft beers and our full selection of beverages available on our drinks menu.

BOTTLED BEER

Corona	6.30	Heineken Zero	6.00
Coors	6.30	Bulmers Cider Pint Bottle	7.80
Heineken	6.30		

WINE

For our complete selection, kindly request the drinks menu from your server.

All wines allergen: 9

White	Country	175ml	250ml	bottle
Amuse Sauvignon Blanc	France	7.50	9.50	28.00
Amuse Chardonnay	France	7.50	9.50	28.00
Andantino Grecanico Pinot Grigio	Italy	7.50	9.50	29.00
Rabbit Island Sauvignon Blanc	New Zealand	9.00	11.00	31.00
Red		175ml	250ml	bottle
Amuse Merlot	France	7.50	9.50	28.00
Amuse Cabernet Sauvignon	France	7.50	9.50	28.00
Santa Ana Malbec	Argentina	9.00	11.00	31.00
Muriel Rioja Crianza	Spain	9.00	11.00	31.00
Rosé		175ml	250ml	bottle
Sierra Salinas Macabeo 75cl	Spain	9.00	11.00	30.00
Sparkling			glass	bottle
Masottina Prosecco Frizzante	Italy		11.00	36.00

SPIRITS

Gordon's Gin	5.70	Captain Morgan Spiced Rum	5.60
Gordon's Pink Gin	5.70	Jameson Irish Whiskey	5.50
Smirnoff Vodka	5.60	Hennessy Brandy	5.60
Ketel One Vodka	7.00	Baileys Irish Cream Liqueur	5.60
Olmecca Blanco Tequila	7.00		
Bacardí Rum	5.60		

Allergen: 7

SOFT DRINKS

Coca-Cola	3.60	Schweppes Slimline Tonic	3.00
Diet Coke	3.60	Schweppes Ginger Ale	3.00
Coke Zero	3.60	Schweppes Soda Water	3.00
Sprite	3.60	Deep River Rock Still Water	3.50
Fanta Orange	3.60	Deep River Rock Sparkling Water	3.50
Schweppes Indian Tonic	3.00		