

1,wheat,11

Lunch Menu

MATNC

| STARTERS | MAINS |
|---|---|
| SIGNAL BAR SOUP OF THE DAY€5.50Homemade brown bread (1,wheat,11) | DES MORAN'S 6oz GOURMET IRISH BEEF BURGER €17.95 |
| ATLANTIC SEAFOOD CHOWDER €8.50 Homemade brown bread (1,wheat,5,7,9,11,12) | Sourdough and sesame seed bun, Dubliner cheddar, smoked bacon, lettuce, tomato chutney, rustic fries (1-wheat,11,14) |
| TOASTED SPECIAL ON SOURDOUGH BREAD€8.50Home baked honey glazed ham, emmental cheese, | |
| red onion, tomato, rustic fries and salad (1,wheat,11) | LIGHTLY BATTERED CAJUN CHICKEN GOUJONS €16.95 Mixed salad, curried mayonnaise, rustic fries (1,6,9,10) |
| GRILLED CHICKEN WRAP WITH BACON & LETTUCE €8.95 | Mixed Salad, cullied mayonnaise, fuscic files (1,0,9,10) |
| Rustic fries, Salad, (1,wheat,6,10) | PAN-FRIED KING PRAWNS €19.95 |
| STEAMED KILLARY FJORD MUSSELSS- €8.50M- €18.50White wine, garlic, shallots, garlic bread (1-wheat,4,12) | Garlic, chilli, sesame seeds, coriander & stir fried vegetables, with steamed rice (3,5,14) |
| SIGNAL BAR CAESAR SALADS- €8.00M- €12.95Baby cos lettuce, garlic crouton, crispy bacon, parmesan shavings, homemade caesar dressing Add Chicken + €1.50(1,wheat,10,11) | LIGHTLY BATTERED FRESH FISH & CHIPS €17.95 Rustic fries, homemade tartar sauce, mixed salad ^(1,wheat,6,9,10) |
| CONNEMARA SMOKED SALMON SALAD S-€10.50 M- €15.50 Mixed leaves, lemon olive oil dressing, capers, red onion & homemade brown bread(1,wheat,9) | CONNEMARA SEAFOOD LINGUINE €19.95 King prawns, Killary mussels, dilisk & cream sauce, crusty garlic bread (1,wheat,4,11,12) |
| SIGNAL BAR TOSSED HALLOUMI SALAD V €11.50 Spicy rocket, sundried tomatoes, olives, tabouleh, grilled halloumi, honey & mustard dressing (1,wheat,11) | HOMEMADE LENTIL,KIDNEY BEAN AND CHICKPEA RAGOUT V €13.50 Rich tomato sauce, garlic, onion, spices, baby boiled potatoes |
| 𝒜 LLRUSTIC FRIES€3.50 \$1, wheat, 10SIDE SALAD 1, wheat, 10€3.50□ONION RINGS€3.50TABOULEH€3.50 | 50Z RIB EYE STEAK SANDWICH €16.95 Garlic butter ciabatta, red onion marmalade, cos lettuce, rustic fries, side salad (1,wheat,11,12) |
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DESSERT

All Desserts €6.95

HOMEMADE BREAD & BUTTER PUDDING (1-wheat, 6, 11) Vanilla custard

HOMEMADE DARK CHOCOLATE **MOUSSE** (1-wheat, 3, 6, 11) Brandy snap basket, fruit coulis

HOMEMADE GLUTEN FREE APPLE CRUMBLE (6.11) Fresh cream, ice cream

LEMON MERINGUE **PIE** (1-wheat, 6, 11) Fresh cream, ice cream

SELECTION OF ICE **CREAM** (1-wheat, 6, 11) Wafer basket, butterscotch sauce

ALLERGENS

1 Gluten, 2 Lupin, 3, Soya, 4 Molluscs, 5 Crustacean, 6 Egg, 7 Celery, 8 Peanut, 9 Fish, 10 Mustard, 11 Milk, 12 Sulphur Dioxide, 13 Other Nuts, 14 Sesame