



Kernel Bar & Kitchen Lunch Menu

Soup of the day served with homemade brown bread (1.7.9.12) €5.50

Golden fried Atlantic fish cake - Mixed leaves salad, tar tar sauce (1.3.4.7.9.14) €8

Atlantic Seafood chowder- selection of seafood mix in creamy pastis sauce served with homemade brown bread (1.3.4.7.9.14) €7

Salads

Caesar salad - Salad of Baby Gem Lettuce, Bacon Lardons, Parmesan Cheese, Croutons, Creamy Dressing (1.7.9.11.14) €7 (adding grilled chicken €10)

Superfood salad - mix leaves, beetroot, quinoa, strawberries, orange segments, mix seeds, honey-mustard dressing (7.8.9) €8

Three bean salad - mix beans, red onion, broccoli, roast peppers, house dressing (7.9) €8

BLT Ciabatta - crispy bacon, baby gem lettuce, vine tomato slice, mayo Salad & Fries (1.3.7.10.12) €9.50

Cat and the fiddle Club sandwich- turkey slice, crispy bacon, ham, baby gem lettuce, vine tomato and mayo in toasted sourdough bread Salad & Fries (1.3.7.10.12) €10.50

Mains

Chicken and mushrooms Vol au Vent - savour pastry casing, button mushrooms, chicken, White wine, shallots & tarragon sauce (1-3-7-9-12) €13

Whole roasted sirloin of Irish beef, Yorkshire Pudding, Balsamic Red Wine Reduction Mash & Seasonal Veg Contains (1-3-7-9-12) €12

Roast crown of turkey & baked ham -shallot herb stuffing, rich roast gravy (Contains 7-9-1-12) €11

Fish of the day €14

Chicken of the day €12

Pasta of the day €11

Thai green curry- Lemongrass, garlic, coconut cream, vegetables & steamed rice, choice of chicken, beef, prawns or vegetarian (4.3.7.6.12) €11/€13

Oriental stir fry- wok fried vegetables, egg noodles, choice of chicken, beef, prawns or vegetarian (4.3.7.6.12)

€11/€13

Homemade Quiche- choice of smoke salmon, ham and cheese or vegetarian Salad & Fries (3,4,7,9,11)

€9/€11

Foods Containing:

1 - Gluten 2 - Crustaceans 3 - Eggs 4 - Fish 5- Peanuts 6 - Soybeans 7 - Dairy 8 - Nuts 9 - Celery
10 - Mustard 11 -same Seeds 12 - Sulphur dioxide & Sulphite 13 - Lupins 14- Molluscs