

SPRINGBOARD LUNCH MENU

Pulled Pork Eggs Benedict <i>Free Range Poached Eggs Toasted Sourdough Pulled Pork Hollandaise Sauce</i> 2A 4 7 14	€16.50	Today's Soup <i>Homemade Treacle Brown Bread</i> 1 2A, F 4 7 14	€9.50
Eggs Royale <i>Free Range Poached Eggs Toasted Sourdough Kenmare Bay Smoked Salmon Hollandaise Sauce</i> 2A 4 5 7 14	€16.00	The Kingsley Seafood Chowder <i>Homemade Treacle Brown Bread</i> 1 2A, F 3 4 5 7 8 14	€15.50
Sautéed Wild Mushroom & Avocado <i>Toasted Sourdough Free Range Poached Eggs Rocket Parmesan Balsamic</i> 2A 4 7 14	€18.50	Grilled 6oz O'Connell's Steak Sandwich <i>Crispy Onions Sautéed Wild Mushrooms Toasted Garlic Ciabatta Green Peppercorn Sauce Garden Leaf Salad Chunky Fries</i> 2A 7 9 14	€27.50
Chicken Wings <i>Sticky Hot Sauce Korean BBQ Sauce Cashel Blue Cheese Dip Celery Sesame Seeds</i> 1 2A 4 7 9 12 13 14	Small Large €14.00 €18.00	The Kingsley Beef Burger <i>Crispy Bacon Mature Cheddar Tomato Relish Little Gem Tomato Crispy Onions Brioche Bun Chunky Fries</i> 2A 4 7 9 12 14	€24.00
Italian Burrata <i>Roast Tomato Pesto Kalamata Olive Tapenade Prosciutto Grilled Garlic Sourdough Rocket Leaf Salad</i> 2A 7 9 10H 14	€17.50	Slow Cooked Irish Beef Featherblade <i>Creamy Mash Stem Broccoli Celeriac Purée Peppercorn Crust Jus</i> 1 2A 7 14	€27.00
Ardsallagh Goats Cheese Flatbread <i>Slow Roasted Tomatoes Roasted Peppers Wild Rocket Toasted Pine Nuts Olives</i> 2A 7	€18.50	Slow Cooked Irish Lamb Shank <i>Creamy Mash Stem Broccoli Celeriac Purée Olive Crust Jus</i> 1 2A 7 14	€26.50
Kenmare Bay Smoked Salmon <i>Pickled Ginger Lemon & Saffron Mayonnaise Garden Leaf Salad Homemade Treacle Brown Bread</i> 2A, F 3 4 5 7 9 14	€18.50	Honey Glazed Hampshire Bacon Chop <i>Creamy Mash Spring Cabbage Celeriac Purée Wholegrain Mustard Cream Sauce</i> 1 7 9 14	€26.50
Chilli & Lime Prawn <i>Lebanese Flatbread House Salad Mint & Cucumber Raita Pomegranate</i> 2A 3 7	€17.50	The Kingsley Fish & Chips <i>Pea Purée Homemade Tartare Sauce Chunky Fries Grilled Lemon Wedge</i> 5 4 7 9 14	€24.00
Crisp Baby Gem Salad <i>Crispy Bacon Sourdough Crouton Parmesan Shavings Caesar Dressing</i>	€15.00	Wild Atlantic Fish Pie <i>Smoked Haddock Salmon Prawns Mussels in a White Wine & dill velouté Creamed Potato toasted Garlic Crumb Dressed Leaves Chunky Fries</i> 1 2A 3 5 7 8 9 14	€24.00
Add Chicken Parmesan	€5.50	Seafood Platter <i>Sautéed Garlic Prawns & Crab Claws Tempura Fish Goujons Crispy Salt & Chilli Calamari Kenmare Bay Smoked Salmon Smoked Fish Croquettes Grilled Garlic Sourdough Olives Smoked Chilli Aioli</i> 2A 3 4 5 7 9 14	€30.50
Add Sautéed Garlic Prawns	€6.00	Thai Yellow Curry <i>Roasted Butternut Squash Broccoli Sugar Snaps Poppadom Basmati Rice</i>	€23.00
Sweet Potato & Chickpea Buddha Bowl <i>Roasted Sweet Potato Chickpeas Red Onion Stem Broccoli Cavolo Nero Avocado Tahini Maple Dressing</i>	€16.50	— Tofu	€25.00
Add Chicken Parmesan	€5.50	— Chicken	€26.00
Add Sautéed Garlic Prawns	€6.00	— Prawn	
SIDES	€5.50	1 2A 3 9 13	
Chunky Fries 14			
Sweet Potato Fries Creamed Potato 7			
Garden Leaves Salad 9 14			
Stem Broccoli, Toasted Garlic Crumb 2A 7			
Garlic Bread 2A 7 9			

food and beverage items contain the following allergens: 1 - celery, 2 - gluten, A - wheat B - spelt C - klorasan D - rye E - barley F - oats 3 - crustaceans, 4 - eggs, 5 - fish, 6 - lupin, 7 - milk, 8 - molluscs, 9 - mustard, 10 - nuts, A - almonds, B - hazelnuts, C - cashew, D - pecan, E - brazil, F - pistachio, G - macadamia, H - walnuts, 11 - peanuts, 12 - sesame seeds, 13 - soya, 14 - sulphur dioxide (sulphites)