

SPRINGBOARD LUNCH MENU

Eggs Benedict €14.50

*Free Range Poached Eggs | Toasted Sourdough
Crispy Streaky Bacon | Hollandaise Sauce*

2A | 4 | 7 | 14

Eggs Royale €15.50

*Free Range Poached Eggs | Toasted Sourdough
Kenmare Bay Smoked Salmon | Hollandaise Sauce*

2A | 4 | 5 | 7 | 14

Sautéed Wild Mushroom €18.50

*Toasted Sourdough | Free Range Poached Eggs
Rocket | Parmesan | Balsamic*

2A | 4 | 7 | 14

Chicken Wings Small Large
€13.00 | €17.00

Sticky Hot Sauce | Korean BBQ Sauce

Cashel Blue Cheese Dip | Celery | Sesame Seeds

1 | 2A | 4 | 7 | 9 | 12 | 13 | 14

Italian Burrata €17.00

*Tomato & Beetroot Salad | Balsamic Glaze
Grilled Garlic Sourdough | Garden Leaf Salad*

2A | 7 | 9 | 10H | 14

Charcuterie & Hummus Flatbread €19.50

*Artichoke | Glazed Walnuts | Burrata
Garden Leaves | Chunky Fries*

2A | 7 | 9 | 10H | 12 | 14

Ardsallagh Goats Cheese Flatbread €18.50

Slow Roasted Tomatoes | Roasted Peppers

Wild Rocket | Toasted Pine Nuts | Olives

2A | 7 | 9

Kenmare Bay Smoked Salmon €18.00

*Pickled Ginger | Lemon & Saffron Mayonnaise
Garden Leaf Salad | Homemade Treacle Brown Bread*

2AF | 3 | 4 | 5 | 7 | 9 | 14

Chilli & Lime Prawn €16.50

*Libyan Flatbread | House Salad
Mint & Cucumber Raita | Pomegranate*

2A | 3 | 5 | 7

Skeaghanore Confit Duck Leg Salad €19.50

*Toasted Cashew Nuts | Asian Dressing | Mango
Grilled Garlic Sourdough | Garden Leaf Salad*

1 | 5 | 8 | 10C | 12 | 13

Crisp Baby Gem Salad €14.50

*Crispy Bacon | Sourdough Crouton
Parmesan Shavings | Caesar Dressing*

Add Chicken Parmesan

€5.50

Add Sautéed Garlic Prawns

€6.00

2A | 3 | 4 | 7 | 9 | 14

Sweet Potato & Chickpea Buddha Bowl €16.50

*Roasted Sweet Potato | Chickpeas | Red Onion | Stem
Broccoli | Cavolo Nero | Avocado | Tahini Maple Dressing*

Add Chicken Parmesan

€5.50

Add Sautéed Garlic Prawns

€6.00

1 | 2A | 3 | 4 | 7 | 9 | 12 | 14

Today's Soup €9.50

Homemade Treacle Brown Bread

1 | 2A, F | 4 | 7 | 14

The Kingsley Seafood Chowder €15.50

Homemade Treacle Brown Bread

1 | 2A, F | 3 | 4 | 5 | 7 | 8 | 14

Grilled 6oz O'Connell's Steak Sandwich €27.00

*Crispy Onions | Sautéed Wild Mushrooms
Toasted Garlic Ciabatta | Green Peppercorn Sauce
Garden Leaf Salad | Chunky Fries*

1 | 2A | 7 | 9 | 14

The Kingsley Beef Burger €23.50

*Crispy Bacon | Mature Cheddar | Tomato Relish | Little Gem
Tomato | Crispy Onions | Brioche Bun | Chunky Fries*

1 | 2A | 4 | 7 | 9 | 12 | 14

Slow Cooked Irish Lamb Shank €25.50

*Creamy Mash | Stem Broccoli | Celeriac Puree
Olive Crust | Jus*

1 | 2A | 7 | 14

Seafood Platter €30.50

*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*

2A | 3 | 4 | 5 | 7 | 9 | 14

The Kingsley Fish & Chips €24.00

*Pea Purée | Homemade Tartare Sauce | Chunky Fries
Grilled Lemon Wedge*

5 | 4 | 7 | 14

Linguini Primavera €19.50

*Ardsallagh Goats Cheese | Shiitake Mushrooms
Asparagus | Sun-dried Tomatoes*

Add Chicken Parmesan

€5.50

Add Pan-roasted Hake

€6.50

2A | 4 | 7 | 9 | 14

Thai Yellow Curry

*Roasted Butternut Squash | Broccoli | Sugar Snaps
Poppadom | Basmati Rice*

— Tofu

€22.00

— Chicken

€24.50

— Prawn

€25.50

1 | 2A | 3 | 13 | 14

SIDES €5.50

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 - pistashio, G - macadamia, H - walnuts, 11 - peanuts, 12 - sesame seeds, 13 - soya, 14 - sulphur dioxide (sulphites)