

SPRINGBOARD LUNCH MENU

Eggs Benedict €16.00

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

2A | 4 | 7 | 14

Eggs Royale €16.50

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

2A | 4 | 5 | 7 | 14

Sautéed Wild Mushroom & Avocado €18.50

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

2A | 4 | 7 | 14

Small Large

Chicken Wings €14.00 | €18.00

Sticky Hot Sauce | Korean BBQ Sauce

Cashel Blue Cheese Dip | Celery | Sesame Seeds

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

Italian Burrata €17.50

Roast Tomato Pesto | Kalamata Olive Tapenade | Prosciutto
Grilled Garlic Sourdough | Rocket Leaf Salad

2A | 7 | 9 | 10H | 14

Ardsallagh Goats Cheese Flatbread €18.50

Slow Roasted Tomatoes | Roasted Peppers
Wild Rocket | Toasted Pine Nuts | Olives

2A | 7

Kenmare Bay Smoked Salmon €18.50

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

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

Chilli & Lime Prawn €19.00

Libyan Flatbread | House Salad
Mint & Cucumber Raita | Pomegranate

2A | 3 | 7

Crisp Baby Gem Salad €15.00

Crispy Bacon | Sourdough Crouton
Parmesan Shavings | Caesar Dressing

Add Chicken Parmesan €6.00

Add Sautéed Garlic Prawns €6.50

2A | 3 | 4 | 7 | 9

Sweet Potato & Chickpea Buddha Bowl €16.50

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

Add Chicken Parmesan €6.50

Add Sautéed Garlic Prawns

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

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

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 €27.50

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

2A | 7 | 9 | 14

The Kingsley Irish Beef Burger €24.00

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

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

Slow Cooked Irish Beef Featherblade €27.50

Creamy Mash | Stem Broccoli | Celeriac Puree
Peppercorn Crust | Jus

1 | 2A | 7 | 14

Slow Cooked Irish Lamb Shank €28.50

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

1 | 2A | 7 | 14

Honey Glazed Bacon Chop €26.50

Creamy Mash | Spring Cabbage | Celeriac Puree
Wholegrain Mustard Cream Sauce

1 | 7 | 9 | 14

The Kingsley Fish & Chips €24.00

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

5 | 4 | 7 | 9 | 14

Wild Atlantic Fish Pie €24.00

smoked haddock | salmon | prawns | mussels in a white wine &
dill velouté | creamed potato | toasted garlic crumb dressed
leaves | chunky fries

1 | 2A | 3 | 5 | 7 | 8 | 9 | 14

Seafood Platter €32.00

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

Thai Yellow Curry

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

— Tofu €23.00

— Chicken €26.00

— Prawn €27.00

1 | 2A | 3 | 9 | 13

ALL DISHES ARE FRESHLY PREPARED TO ORDER AND MAY TAKE UP TO 20 MINUTES

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)