

THE
SPA
AT THE KINGSLEY

Lunch Menu

Today's Soup

Served with our own treacle brown bread

1 | 2AF | 7 | 14

The Kingsley Seafood Chowder

Served with our own treacle brown bread

1 | 2AF | 3 | 5 | 7 | 8 | 14

Eggs Benedict

FreeRangePoached Eggs | Toasted Sourdough Crispy Streaky Bacon | Hollandaise Sauce

2A | 4 | 7 | 14

Eggs Royale

FreeRangePoached Eggs | Toasted Sourdough Kenmare Bay Smoked Salmon | Hollandaise Sauce

2A | 4 | 5 | 7 | 14

Kenmare Bay Smoked Salmon

Pickled Ginger | Lemon&SaffronMayonnaise Garden

Leaf Salad | Homemade Treacle Brown Bread

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

Chilli & Lime Prawn

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

2A | 3 | 7

Ardsallagh Goat Cheese Flatbread

Slow roasted tomatoes | roasted peppers | wild rocket | toasted pine nuts | olives

2A | 7 | 9 | 14

Sweet Potato & Chickpea Buddha Bowl

Roasted sweet potato | red onion | stem broccoli | cavolo nero | avocado | tahini maple dressing

3 | 4 | 7 | 9 | 12 | 14

Grilled Parmesan Chicken Salad

Croutons | parmesan | babygem&caesar dressing

2A | 4 | 7 | 9 | 14

Desserts

All served with an assiette of desserts from our pastry section

2 | 4 | 7 | 10

Tea or Coffee

At The Kingsley, we use the best of locally sourced produce and wholesome natural ingredients to produce the finest dishes for our customers. all our beef is of Irish origin. Food and beverage items contain the following allergens: 1-celery, 2-cereals containing gluten, 3-crustaceans, 4-eggs, 5-fish, 6-lupin, 7-milk, 8-molluscs, 9-mustard, 10-nuts, 11-peanuts, 12-sesame seeds, 13-soya, 14-sulphur dioxide (sulphites) Please ask a member of staff if you need additional information on food allergens. A selection of dishes may be adapted to accommodate allergies.