## Eat to the beat Fat to the beat Eat to the beat Fat to the beat





#### Homemade soup of the day (v) €8.50 Brown soda bread and butter Allergen 6 wheat, 7, 9, 12

Gambas pil pil €16.50 Olive oil, chilli, garlic, lemon, ciabatta Allergen 1 prawn, 6 wheat, rye, barley, 7

#### To share, or not to share

#### Antipasti €26

Salami, parma ham, mixed olives, chargrilled vegetables, hummus, pesto & toasted ciabatta Allergen 5 pine nuts & walnuts, 6 wheat, 7, 8, 9, 10, 11, 12

### Wewannaget loaded nachos €15

Tomato salsa, guacamole, sliced jalapeno, aged cheddar cheese sauce, sour cream allergen 7, 12 Add chilli beef allergen 12  $\in$ 7

#### Salad

#### Hail Caesar €15

Baby gem, bacon, garlic croutons, parmesan cheese, light anchovy dressing Allergen 3 anchovy, 6 wheat, 7, 8, 11, 12 Add chargrilled chicken no allergen €5 Add prawn allergen 1 €7

#### Superfood €15

Quinoa, avocado, baby spinach, pomegranate, blueberries, lemon dressing No allergen Add chargrilled chicken no allergen €5

Add prawn allergen 1 €7

#### Main

#### 8oz prime beef striploin €32

Roast vine tomatoes, pepper cream sauce, triple-cooked chips Allergen 6 barley & wheat, 7, 8, 9, 11, 12

#### Soy & ginger Atlantic salmon €27

Glazed baby bok choi, quick pickled cucumber & steamed basmati rice Allergen 3 salmon, 8

#### Irish angus beef burger €23

Brioche bap, beef tomato, rocket, cheddar cheese, bacon, chipotle mayo, chunky chips Allergen 6 wheat, 7, 9, 11, 12 / gluten free adaptable

#### Buffalo feelin' hot hot hot Wings €22

Louisiana style, celery, blue cheese, French fries allergen 6 wheat, 7, 8, 11, 12

#### Steak sandwich €26

6oz irish beef striploin, ciabatta, red onion marmalade, rocket leaves, Mustard mayo, skinny fries Allergen 6 wheat, rye, barley, 7, 8, 11, 13

#### Buttermilk chicken burger €20

Charcoal bun, pickle, baby gem lettuce, sriracha mayo, crunchy coleslaw, skinny fries Allergen 6 wheat, 7, 9, 11, 12

#### Thai red curry

Lemongrass, ginger, galangal, red chilli, steamed basmati rice

Prawn €25 Allergen 1 prawn, 8 Chicken €22 Allergen 8 Sweet potato & chick pea (Vegan) €19 Allergens 8

#### Side €6.50

#### Gourmet pizza €22

House tomato sauce, prosciutto, pepperoni, buffalo mozzarella, sundried tomatoes, rocket leaves, olive oil Allergen 6 wheat, 7, 9

#### Mediterranean pizza €18

House tomato sauce, grilled mediterranean vegetables, buffalo mozzarella, basil leaves Allergen 6 wheat, 7, 9

#### Ham & cheese focaccia €17

Baked ham, matured cheddar cheese, dijon mayo, grilled focaccia bread, skinny fries Allergen 6 wheat, 7, 9, 11, 13

#### Toasted ciabatta Allergen 6 wheat, rye, barley

Skinny fries No allergen

Chunky chips Allergen 9

Sweet potato fries No allergen

Seasonal vegetables No allergen

#### Dessert €9

Allergen index

Chocolate brownie (gluten free) Vanilla ice cream Allergen 7, 11

French apple tart Vanilla cream Allergens 5 almonds, 6 wheat, 7, 11

Sicilian lemon cheesecake (Vegan) Passion fruit gel Allergen 6 wheat

Irish cheese plate €17 Homemade relish, grapes, fruit crackers Allergen 5 pecan, 6 rye & wheat, 7, 9, 12 #1 Crustaceans
#2 Molluscs
#3 Fish
#4 Peanuts
#5 Nuts
#6 Cereals containing gluten
#7 Milk/milk products
#8 Soya
#9 Sulphur dioxide
#10 Sesame seeds
#11 Eggs
#12 celery & celeriac
#13 Mustard
#14 Lupins

Please notify a member of management regarding any allergens or food intolerances

All our beef is of Irish origin

# $\overline{\mathbb{C}}$ the beat

• • the gibson hotel

Look at my big sister if you're thirsty