Innighaven Bar Snack Menu

HOMEMADE SOUP OF THE DAY

€5.95

Served with Fresh Baked Rolls + WT, CY, SP

GRILLED GOAT'S CHEESE FLAT BREAD €8.50

Nordic Flat Bread Grilled with Goat's Cheese, Caramelised Onion, Pesto and Tomato + WT, CY, SP

CAJUN CHICKEN WRAP

€8.50

Cajun Chicken, Chipotle Salsa, Tomato, Onion, Irish Cheddar in a Floury Wrap + WT, CY, SP

VEGAN CHICKPEA HUMMUS

€8.50

Homemade Hummus, Roast Veg on Vegan Beetroot Bun with Lettuce, Tomato, Onion and Romesco Dip + WT, CY, SP TN almond

ATLANTIC CHOWDER

€9.50

Tiger Prawns, Mussels, Cod and Salmon, Sautéed with Fresh Vegetables, White Wine, Fresh Herbs and Cream, Served with Guinness and Treacle Bread + WT, MK, FH, CS, MS, SP

KOREAN CHICKEN WINGS

€8.95

Sweet and Sticky Spiced Chicken Wings, Slow Cooked, with a Sticky Sesame Marinade, Served with Ranch Dipping Sauce + EG, SY, MD, SP

BACON CHEESE BURGER

€15.95

Prime Ground Irish Burger, Bacon, Melted Irish Cheddar, on a Butter Brioche Bap with Homemade Burger Sauce, Lettuce, Tomato, Onion and Chips + WT, EG, MK

DIAMOND CLUB SANDWICH

€9.50

Traditional Club Triple Decker with Lettuce, Bacon, Chicken, Tomato and Mayo + WT, CY, SP, EG

ASIAN DUCK SPRING ROLL

€8.50

Crispy Asian Duck Spring Roll with a Spiced Teriyaki Sauce + WT, SY, SE

CRISP MACROOM CAPRESE SALAD

€8.50

Golden Fried Macroom, Vegetarian Buffalo Mozzarella with Fresh Tomato, Basil Oil and Balsamic Dressing + WT, MK, SP

SERVED 12.00 TO 18.00 DAILY

ALLERGEN KEY: PN-Peanuts TN-Treenuts SE-Sesame WT-Wheat LP-Lupin EG-Egg MK-Dairy SY-Soy FH-Fish CS-Crustacean MS-Mollusc CY-Celery MD-Mustard SP-Sulphites

