

# LUNCH MENU

**Soup of the Day** €7.00

Available from our Carvery (Contains 1-wheat,7,9,12)

**Hearty Seafood Chowder** €10.95

Market fish mix, selection of vegetables, light cream sauce, fresh dill, served with treacle bread and butter (Contains 1-Wheat,7,9,12)

**Sourdough Old-School Toastie Special** €12.95

Midleton sliced cheddar, local baked ham, beef tomato, red onion served with salad and fries (Contains 1-Wheat,7,12)

**Beetroot & Chilli Hummus Rustic Baguette** €12.95

Filled with roasted red peppers, squash, sautéed courgettes, wilted baby spinach, wild rocket, onion marmalade, and house-made pesto (Contains 1-Wheat,7,12)

**Crispy Sweet Chilli Chicken Wrap** €12.95

Shredded baby gem lettuce, chipotle sauce, Midleton cheddar cheese, served with fries and side salad (Contains 1-Wheat,12)

**Beer-Battered Ballycotton Fish & Chips** €19.50

Fillet of hake served with mint-crushed peas, rustic fries, and homemade tartar sauce (Contains 1-Barley,Oat,Rye,3,7,12)

## SALADS

**Fork & Wheel Caesar Salad** €12.50

Rosscarbery pancetta, garlic and herb croutons, house Caesar dressing, shaved parmesan (Contains 1-Wheat,3,7,12)

**Add Murphy's Chicken €3.00**

**Ardsallagh Goat Cheese & Beetroot Salad** €14.50

Spiced couscous, garden leaves, roasted chickpeas, house granola, confit cherry tomato with beetroot glaze, honey and mustard sauce (Contains 1-Wheat,7,10,12)

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**Most dishes can be adopted to suit allergen needs, please ask your server.**

All our beef and pork is of Irish origin unless stated otherwise and our chicken is of EU origin.

**Due to the nature of our kitchens & operations we are unable to guarantee no traces of nuts or any other allergens are present in the food served to you.**

We kindly request to inform your server if you suffer from any food allergy or have other dietary requirements.

1-Cereals cont. Gluten, 2-Crustaceans, 3-Eggs, 4-Fish, 5-Peanuts, 6-Soybeans, 7-Milk, 8-Nuts, 9-Celery, 10-Mustard, 11-Sesame Seeds, 12-Sulphites, 13-Lupins, 14-Molluscs