



SOUP

SEASONAL SOUP OF THE DAY | €7.20

Freshly made daily using local produce. Served with salted Irish butter and treacle brown soda bread.

(Contains 1-wheat, 7, 9)

HEARTY SEAFOOD CHOWDER | €10.95

East Cork market fish, garden vegetables,
Light cream sauce, fresh dill.

Served with treacle soda bread and Irish butter

(Contains: 1-Wheat, 4, 7, 9, 12)

SALADS

BURRATA & ROASTED FIG SALAD

€14.00

Mixed garden leaves, toasted walnuts, cherry tomatoes, fresh basil, aubergine & roasted garlic dressing.

(Contains: 3, 7, 8-Walnuts)

WARM BEEF & EGG NOODLE SALAD

€14.00

Thinly sliced beef, egg noodles, green beans, chickpeas, red onion, sundried tomato, roasted garlic potatoes, balsamic glaze.

(Contains: 1-Wheat, 3, 12)

SMOKED SALMON SALAD | €14.00

Watercress, homemade pickles, poached apple, toasted capers, mustard vinaigrette, served with treacle bread.

(Contains: 1-Wheat, 4, 10)

ARDSALLAGH GOAT CHEESE &

BEETROOT SALAD | €14.00

Spiced couscous, garden greens, roasted chickpeas, house granola, confit cherry tomatoes, beetroot glaze, honey & mustard dressing.

(Contains: 1-Wheat, 7, 12)

FORK & WHEEL CAESAR SALAD | €13.50

Crispy Rosscarbery pancetta, garlic & herb croutons, shaved parmesan, house Caesar dressing.

Add Murphy's Chicken – €3.00

(Contains: 1-Wheat, 3, 7, 12)

SANDWICHES

(All sandwiches served with fries and seasonal salad)

BAGEL CLUB SANDWICH | €14.50

Crispy streaky bacon, baby gem lettuce, beef tomato, grilled Irish chicken, soft-boiled egg,
on a toasted bagel

(Contains: 1-Wheat, 3, 12)

OLD SCHOOL TOASTIE | €13.95

Smoked cheddar, local baked ham, beef tomato, red onion, golden-grilled on rustic sourdough.

(Contains: 1-Wheat, 7, 12)

CRAB ON TOAST | €14.50

Marinated Irish sea crab with shredded celeriac, chilli, lemon & lime zest. Served on toasted sourdough.

(Contains: 1-Wheat, 3, 4, 7, 12)

OPEN SMOKED SALMON & TIGER PRAWN SANDWICH | €13.95

Brown treacle bread, whipped cream cheese, Cos lettuce, toasted capers, pickled shallots

(Contains: 1-Wheat, 3, 4, 7, 12)

CAJUN CORONATION CHICKEN MELT

€13.95

Rustic focaccia layered with Cajun-spiced coronation chicken, melted mozzarella, olive oil, and sun-dried tomatoes

(Contains: 1-Wheat, 3, 7, 12)

BEEF STRIP SANDWICH | €17.50

Thin slices of marinated striploin slices (thyme, rosemary, garlic), wild rocket, chimichurri dressing, Jameson pepper sauce, served on rustic focaccia.

(Contains: 1-Wheat, 3, 7, 10, 12)

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



MAINS



ITALIAN STYLE LASAGNA | €19.50

Slow-cooked Irish beef ragù, toasted garlic bread, basil oil drizzle, and garden salad.

(Contains: 1-Wheat, 7, 9, 12)

BALLYCOTTON BAKED FILLET OF HAKE | €19.50

New season roasted baby potatoes, tenderstem broccoli, roasted red pepper coulis, lemon wedge.

(Contains: 4, 7, 12)

TRADITIONAL BEER-BATTERED FISH & CHIPS | €19.50

East Cork ale batter, hand-cut chips, crushed garden peas, homemade tartar sauce, fresh lemon.

(Contains: 1-Wheat, 4, 7)

ROAST OF THE DAY | €18.95

Ask your server for today's locally sourced roast, served with all the trimmings.

SIDES

**FRENCH FRIES WITH TRUFFLE
MAYO & PARMESAN** (Contains 3, 7, 12)

€5.00

SWEET POTATO FRIES (Contains 12)

€5.00

**TENDER STEM BROCCOLI WITH
CHILLI & GARLIC OIL** (Contains 12)

€5.00

**RICH BUTTERY MASHED
POTATO** (Contains 7)

€4.00

**HOUSE SIDE SALAD WITH
MUSTARD VINAIGRETTE** (Contains 10,12)

€4.00

BUTTERED MARKET VEGETABLES
(Contains 7,12)

€5.00

RUSTIC FRENCH FRIES (Contains 12)

€4.00

**GRILLED SPICY HALLOUMI &
WILD ROCKET** (Contains 7,12)

€5.00

We are deeply connected to the local community and we love to stay connected with you.
Find us on social @forkandwheel and book a table for your next gathering at



WWW.FORKANDWHEEL.IE

