

Dinner menu

Black Pudding Roulade (G)

Tender Duck, Crispy Bacon pieces, Artisan Black Pudding infused Roulade with a vibrant fire roasted red pepper relish

Poached Pear & Blue Cheese Salad (SD, M, Mu)

Conference Pears slow cooked in Red Wine, Tangy Cashel Blue Cheese, and a seasonal salad

Atlantic Smoked Salmon & Prawn Salad (F, M, L)

Delicately Oak Smoked Salmon Slivers, Poached King Prawns with Seasonal Leaves, and a rich Marie sauce

Homemade Soup of the Day (Cel)

Wild Atlantic Way Chowder (F, M, Cel)

Mirepois of vegetables, locally caught cod, Pollack Hake & salmon in a rich cream soup

Champagne Sorbet

Iced Water Infused with Champagne and Vibrant Mint

Slow Roasted Fillet of Pork Wellington (E, G, M)

Covered in a crisp puff pastry with a duxelles of Spinach, Mushrooms, Onions & Pate, served with Apple Cider Sauce

Castle Chicken (SB, Cel, G SS, SD)

Tender strips of oven baked chicken fillet with a Sweet & Sour Sauce on a bed of Pineapple rice

Pan Seared Darne of Salmon (F)

Charred Salmon with a Buoyant Tomato, Red Onion and Coriander Salsa

Fresh Fish of the Day (F, M, E)

Broccoli Rosti (E, G, M)

Divine in-House Broccoli Burger with a Flavourful Blue Cheese Sauce

Indian Tea/Filter Coffee

Relax, have the craic (we are NOT RESPONSIBLE for Froda's bad language, bad punctuation misspelled words or the weather ☺)

Food allergens: (Cel)Celery, (C)Crustaceans, (E)Eggs, (F)Fish, (G)Gluten, (L)Lupin, (M)Milk, (Mol)Molluscs, (Mu)Mustard, (N)Nuts, (P)Peanuts, (S)Soyabeans, (SS)Sesame Seeds, (SD)Sulphur Dioxide

Dinner menu

Deep Fried Calamari (G, F, C, E)

Crisp Citrus breaded Market Fresh Squid rings, Irish Mist & Lime zest infused Marie Rose Sauce

Connemara Lamb Koska (G, Mu, N, M)

Slow Cooked Tender Minced Lamb on a bed of Salad with Cucumber, Yoghurt Dressing, and roasted Pecan Nuts

Avocado and Tomato Salad (M)

Luscious avocado, vine ripened Irish Tomato with a citrus cream dressing

Homemade Soup of the Day (Cel)

Wild Atlantic Way Chowder (F, M, Cel)

Mire pois of vegetables, locally caught cod, Pollack Hake & salmon in a rich cream soup

Champagne Sorbet

Iced Water Infused with Champagne and Vibrant Mint

Tender Feather-blade of Beef (Cel, G, SD, M, E)

Slow oven cooked Beef, served with a Mushroom and red wine Jus with Yorkshire Pudding

Supreme of corn-fed Chicken (M, G, SD)

Pan roasted moist Fillet stuffed with wilted Spinach enclosed in Bacon with Lush wild Mushroom and cream sauce

Marinated Fillet of Salmon (F, M, C)

Organic Connemara Salmon Fillets Immersed in Soy, Ginger and Garlic and Honey Baked En Pallote

Fresh Fish of the Day (F, M, E)

Vegetarian Spirals

Blanched country Market Courgette and Carrot spirals with Aromatic tomato Kaiama Olives with fresh herb topping

Indian Tea/Filter Coffee

Relax, have the craic (we are NOT RESPONSIBLE for Froda's bad language, bad punctuation misspelled words or the weather ☺)

Food allergens: (Cel)Celery, (C)Crustaceans, (E)Eggs, (F)Fish, (G)Gluten, (L)Lupin, (M)Milk, (Mo)Molluscs, (Mu)Mustard, (N)Nuts, (P)Peanuts, (S)Soyabeans, (SS)Sesame Seeds, (SD)Sulphur Dioxide