

## Starters

### Garlic Focacia Bread,

Toasted Focacia with Garlic Butter €3.50

Add Cheese €4.50

### Baked Garlic Mushrooms

€3.95

Coated in crispy breadcrumbs, drizzled with tangy garlic mayonnaise, served with a salad garnish

### Loaded Potato Skins

Crispy Potato Skins with Bacon, Melted Cheese & Garlic

Mayonnaise €4.95

### Creamy Mediterranean Style Seafood Chowder

Cod fillet, Smoked Haddock, Calamari, Tiger Prawns and

Mussels in a creamy tomato sauce €5.25

### Homemade Soup of the Day

€4.75

Freshly made every morning, served with West Wing's Homemade Health Loaf

## Main Courses

### Beer Battered Cod, Mushy Peas

€9.95

We took this off the menu but you've demanded we bring it back!!

Fillet of fresh Cod, deep fried in tempura beer batter, served with mushy peas & homemade chips

### Cajun Fillet of Atlantic Salmon

€9.95

Fillet of Atlantic Salmon marinated in Cajun Spices, served on a sizzling platter (optional)

### Chicken Noodle Stir-fry Sizzler

Oriental flavoured noodles and vegetables, served with strips of

Chicken breast or Sirloin of Beef on a sizzling Platter

Chicken €9.95

Beef €11.95

### Vegetarian Pasta

€9.95

Grilled Mediterranean Vegetables in a creamy Pesto sauce, on a bed of pasta

### West Wing Gourmet Burger

€10.95

8oz Irish Burger with Bacon, Cheese & Tomato, on a toasted bap

West Wing Chicken Curry €9.95

It's been on the menu for 5 years and we dare not take it off!!

Authentic Malaysian Chicken Curry served with Basmati Rice

Chicken Satay €9.95

The flavours in this homemade Satay sauce are delicious, Ozzie. From Malaysia marinates the skewered Chicken in Lemon Grass, Turmeric & Coconut Milk. The Satay sauce is made from chopped Peanuts, Garlic, Chilli, and Ginger & Lemongrass, served with Biryani Rice

West Wing Mixed Grill €13.95

Bacon, Egg, Sausage, Fried Onions, 4oz Steak, Black & White Pudding, Grilled Tomato and Chips

Prime 8oz Hereford Sirloin Steak €14.50

8oz Hereford Sirloin Steak served with Beer Battered Onion Rings, Pepper Sauce and Chips

Please note that well done steaks take 20 mins to cook fully

Sizzling Fajita

Strips of Chicken breast or Sirloin of Beef, marinated in Fajita spices with sautéed peppers, onion, and mushrooms on a sizzling platter. Served with flour tortilla, homemade salsa & sour cream

Chicken €9.95

Beef €11.95

Chicken & Roast Vegetable Pasta €9.95

Chicken breast & roasted Mediterranean vegetables in a creamy pesto sauce, served on a bed of pasta

Roast of the Evening €13.95

Please ask your served for today's roast, served with vegetables & potatoes of the day

Vegetable Quesadilla €9.95

Cajun spiced Mediterranean vegetables with sour cream & cheese, toasted between two flour tortillas...our most popular veggie dish

Bangers & Mash €9.95

Award winning Loughnanes gourmet cracked Black Pepper Sausages on a bed of creamy mash, finished with spring onion gravy... pure comfort food!!