

Sample Menu

Evening Menu

SOUP DU JOUR	€4.00
SEAFOOD CHOWDER	€5.00
PRAWN COCKTAIL	€8.95
STUFFED GARLIC MUSHROOMS	€6.50
CROWN OF MELON WITH FRESH FRUIT	€5.50
FRESH MUSSELS IN WHITE WINE	€8.50
CLONAKILTY BLACK PUDDING	€6.95

GRILLED SIRLOIN STEAK

Prime sirloin cooked to your liking served with sauté onions, & a choice of sauce, peppered, gaelic or garlic butter.	7oz	€17.95
	10oz	€19.95

SUPREME OF CHICKEN PHILADELPHIA

Chicken stuffed with smoked salmon & cream cheese, served with a sweet pepper sauce.	€18.95
-----------------------------------------------------------------------------------------	--------

CREAMY CHICKEN CURRY

Served on a bed of rice.	€14.95
--------------------------	--------

HELM STYLE PORK CHOPS

Pork steak served with a rich creamy sauce.	€18.95
---------------------------------------------	--------

BEEF STIRFRY WITH BLACK BEAN SAUCE

Served sizzling with pilaf rice.	€18.50
----------------------------------	--------

CHICKEN FAJHITA

Served sizzling with salsa & tortilla bread.	€17.95
----------------------------------------------	--------

DARNE OF SALMON FLORENTINE

Salmon stuffed with spinach & served with a prawn sauce.	€18.50
----------------------------------------------------------	--------

SEE OUR SPECIALS BOARD FOR A SELECTION OF PRIME FISH CAUGHT
WITH OUR OWN BOAT
THE “ WHITE SEAHORSE”

Lunch Menu

SOUP DU JOUR	€4.00
SEAFOOD CHOWDER	€5.00
STUFFED GARLIC MUSHROOMS	€6.50
PRAWN COCKTAIL	€8.95
GRILLED STEAK SANDWICH	
Served n ciabatta bread with sauté onions.	€10.95
FISHERMAN'S PLATTER	
Smoked salmon, prawns & mussels with tossed salad.	€13.95
HOMEMADE LASAGNE	
Served with side salad & chips.	€10.95
CREAMY CHICKEN CURRY	
Served on a bed of rice.	€10.95
FRESH FISH OF THE DAY	
Served with side salad & chips.	€10.95
IRISH STEW	
Served with mash potato.	€10.95
VEGETARIAN DISH	
See specials.	€10.95

Sandwiches

SANDWICH Ham, Cheese ,Tomato, Onion, Chicken or Tuna & Red Onion	€3.50
TOASTED SANDWICH	€3.75
CLUB SANDWICH Salad & chips	€7.00
BLT SANDWICH Salad & chips	€7.00
OPEN PRAWN SANDWICH Served on brown bread with salad	€8.50
OPEN SMOKED SALMON SANDWICH Served on brown bread with salad	€8.50
OPEN TUNA OR CHICKEN SANDWICH Served on brown bread with salad	€6.50

Dessert Menu

Homemade Cheesecake	€4.75
Homemade Apple Pie	€4.75
Banoffee	€4.75
Apple Crumble	€4.75
Chocolate Fudge Cake	€4.75
Carrot Cake	€4.75
Selection of Icecream	€4.50
Profiteroles & Chocolate Sauce	€4.75
Jelly & Ice Cream	€4.50
Chocolate Rum Cake	€4.75

Panini Menu

Brie, Bacon, Red Onion with a Scallion Mayonnaise	
Chicken, Roasted Pepper & Cheddar Cheese with Mango Chutney Homemade Basil Pesto, Tomato & Mozzarella with a drizzle of Olive Oil Honey Roast Ham, with Pineapple & Ginger	
All Served with Salad & House Dressing	€7.00