



Sanctuary

BAR MENU

SMALL PLATES

CHEF'S SOUP OF THE DAY Homemade wheaten loaf, herb butter Contains allergens: 2, 6, 10a, 12	€7.00
GOATS CHEESE TARTLET Caramelised red onion, Sliabh Augthy honey, pistachio and fig Contains allergens: 2, 4, 5g, 6, 7, 10a,	€12.00
SEAFOOD CHOWDER Selection of fresh & smoked fish, white wine, cream, spring onion, parsley oil with wheaten loaf and herb butter Contains allergens: 2, 3, 4, 6, 9 - haddock, salmon, smoked coley, 10a, 13	€12.00
CRISPY CHICKEN WINGS Sweet & sticky, toasted wasabi sesame seeds, hoisin mayo OR Franks hot sauce, garlic mayo Contains allergens: 4, 6, 7, 8, 10a	
REGULAR	€12.50
LARGE	€17.50
BONELESS CHICKEN WINGS Sweet & sticky, toasted wasabi sesame seeds, hoisin mayo OR Franks hot sauce, garlic mayo Contains allergens: 4, 6, 7, 8, 10a	
REGULAR	€13.50
LARGE	€18.50
IRISH SMOKED SALMON 5 month cured ham, mixed greens, poached egg, rocket Contains allergens: 2, 4, 6, 9 (salmon)	€14.50
MURGELLA BURRATA Nectarine, orange segments, sundried tomatoes, pine kernels, rocket, 1 medal IGP balsamic vinegar Contains allergens: 2, 4, 5c	€13.50
NACHOS (V) Crispy corn tortillas, salsa, cheese sauce topped with jalapenos Contains allergens: 2, 4, 12	€11.00

ADD CHILLI BEEF €2.00

SPECIALTY SANDWICHES

GRILLED CHEESE Gruyere, mozzarella, smoked Applewood, mustard mayo, smoked Maldon salt Contains allergens: 2, 6, 10a, 11, Mct 5, 8	€12.00
CLUB SANDWICH Maple bacon, fried egg, peppered rocket, turkey, tomato, lettuce & Ballymaloe relish Contains allergens: 2, 4, 6, 7, 10a, 11, Mct 5, 8	€13.50
SMASHED AVOCADO WRAP Sundried tomato, spinach, cucumber, pickled red onion, crushed walnuts, vegan spiced aioli Contains allergens: 4, 5b, 10a, 10b, 11	€11.00
SANCTUARY B.L.T Maple glazed bacon, butterhead lettuce, beef tomato, spicy peppers, chipotle aioli Contains allergens: 6, 7, 8, 10a, 11,	€12.00
SPICED CHICKEN SANDWICH Open grilled sour dough, spicy mayo, baby spinach, grilled chicken, aged smoked Parma ham, poached egg Contains allergens: 5, 6, 7, 10a, 10d, 11, Mct 5, 8	€13.50

All sandwiches are served with a dry coleslaw, mixed seeds and crisps

CREATE YOUR OWN SANDWICH

WHOLEMEAL OR WHITE BREAD Contains allergens: 7, 10a	€8.00
TOASTED BREAD Contains allergens: 7, 10a	€8.00
GLUTEN FREE BREAD Contains allergens: 6	€8.00
SOFT TORTILLA WRAP Contains allergens: 10a	€8.00
SOUR DOUGH BREAD Contains allergens: 10a, 10d, Mct 5, 8	€10.00

FILLINGS

Sliced beef, chicken, tuna mayonnaise (contains allergens 6, 9), egg mayonnaise (contains allergens 6), Dubliner cheddar cheese (contains allergens 2), tomato, cucumber, red onion

LARGE PLATES

WILD MUSHROOM TORTELLINI €18.00

Porcini-mushrooms, spinach, chilli oil, walnut & watercress
Contains allergens: 5b, 6, 7, 10a, Mct 1, 3, 9, 11, 13

VEGAN BURGER €19.00

Vegan double stacked patty, butterhead lettuce, tomato, smashed avocado, twice cooked fries
Contains allergens: 8, 10a, Mct 5, 7

FISH 'N' CHIPS €21.00

Tempura battered lemon sole, tartar sauce, mushy peas, twice cooked fries & lemon wedge
Contains allergens: 2, 4, 6, 9, 10a, 11

SANCTUARY BURGER €21.00

Double stacked 4oz bone marrow beef burgers, Dubliner cheese, maple streaky bacon, tomato, pickle, butterhead lettuce & house burger sauce. Served with twice cooked fries.
Contains allergens: 2, 4, 6, 7, 9 anchovies, 10a, 11, Mct 5

ADD A FRIED EGG €1.00

SOUTHERN FRIED CHICKEN BURGER €21.00

Spicy coated chicken fillet, cheese, crispy bacon, tomato, lettuce, honey & mustard slaw. Served with twice cooked fries
Contains allergens: 2, 6, 7, 8, 10a, 11

PAN FRIED SEABASS €23.00

Broccoli, mixed greens, asparagus, mixed seeds, chilli, potato fondant, garlic & thyme butter
Contains allergens: 2, 4, 9

PAN SEARED 10OZ SIRLOIN €33.00

Garlic mixed greens, cherry tomatoes served with twice cooked fries & green peppercorn sauce
Contains allergens: 2, 4, 6, 11

10OZ CHARGRILLED RIB EYE STEAK €33.00

Garlic mixed greens, cherry tomatoes served with twice cooked fries & green peppercorn sauce
Contains allergens: 2, 4, 6, 11

UPGRADE YOUR FRIES TO LOADED FRIES FOR €4.00

SALAD BOWLS

SUPERFOOD SALAD €13.50

Watercress, carrot, quinoa, broccoli, chickpeas, sundried tomatoes, pumpkin seeds & pine kernels, mustard vinaigrette
Contains allergens: 4, 5c, 11

SANCTUARY SALAD €13.50

Mixed leaf, baby mozzarella, nectarine, Parma ham, avocado, mint, 1 medal IGP balsamic vinegar
Contains allergens: 2, 4, Mct 10a

MIXED SEASONAL SALAD €13.00

Rocket, watercress, orange segments, blackberries, picked red onion, mixed greens, mixed seeds, goats cheese & pistachios
Contains allergens: 2, 4, 5g

ADD GRILLED CHICKEN €5.00

SIDE ORDERS

GARLIC & CHEESE FRIES €8.95

Garlic mayo, cheese sauce, spring onions
Contains allergens: 2, 6, 11, Mct 10a

BACON & CHEESE FRIES €8.95

Smoked Pancetta, cheese sauce, spring onion
Contains allergens: 2, 4, Mct 10a

TACO FRIES €9.95

Chilli beef, spicy mayo, grated cheddar cheese, spring onion
Contains allergens: 2, 6, Mct 10a

TWICE COOKED FRIES €5.00

Contains allergens: Mct 10a

MASHED POTATOES €5.00

Contains allergens: 2

MIXED LEAF SALAD €5.00

Contains allergens: 4,11

SEASONAL GREEN VEGETABLES €5.00

Contains allergens: 2

DESSERTS

HOMEMADE PASSION FRUIT CHEESECAKE €8.00

Kiwi, fresh cream, passion fruit gel
Contains allergens: 2, 10a, Mct 1, 4, 5, 6, 7

HOMEMADE RHUBARB PANNA COTTA €8.00

Orange, fruit gel, seasonal berries, fresh cream, candied walnuts
Contains allergens: 2, 5b, Mct 1, 4, 5, 6, 8, 11, 12

CHOCOLATE MESS €8.00

Chocolate chunks, salted caramel sauce, chocolate soil, popping candy, chocolate cream, strawberries, raspberry dust
Contains allergens: 1, 2, 5b, 5h, 6, 7, 10a,

SELECTION OF ICE CREAM €7.00

Mixed berries, popping candy, wafer cone.
Contains allergens: 2, 7, 10a, Mct 5

SELECTION OF IRISH CHEESE €13.00

Wafer crackers, grapes, chutney. Please ask server for today's selection
Contains allergens: 2,4,6,7,8,10a and Mct 5

ALLERGEN INDEX:

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|----------------|-------------------|--------------|
| 1 Peanuts | 2 Dairy | 3 Shellfish |
| 4 Sulphites | 5 Nuts | 5a Almonds |
| 5b Walnuts | 5c Pine nut | 5d Cashew |
| 5e Brazil nuts | 5f Macadamia nuts | 5g Pistachio |
| 5h Coconut | 5 Hazelnuts | 6 Eggs |
| 7 Soy | 8 Sesame | 9 Fish |
| 10 Gluten | 10a Wheat | 10b Oats |
| 10c Barley | 10d Rye | 11 Mustard |
| 12 Celery | 13 Molluscs | 14 Lupin |

V- Vegan

MCT - may contain trace



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