

Pizza Menu

HAND STRETCHED 12" PIZZAS WITH ROASTED TOMATO SAUCE

- MARGHERITA** €14.00
Tomato, toonsbridge fior di latte, basil, olive oil
(contains: 1-wheat,6,7,9)
- PEPPERONI** €15.00
Toonsbridge mozzarella, spicy pepperoni
(contains: 1-wheat,6,7,9,12)
- HAWAIIAN** €15.00
Toonsbridge mozzarella, sliced ham & pineapple sprinkled
with crispy prosciutto
(contains: 1-wheat,6,7,9,12)
- BBQ CHICKEN** €16.00
bbq sauce, toonsbridge mozzarella, cajun chicken, peppers,
onion, chilli & coriander
(contains: 1-wheat,6,7)
- WEST CORK SMOKY** €17.50
Toonsbridge mozzarella, gubbeen smokehouse cheese,
gubbeen salami & chorizo
(contains: 1-wheat,6,7)
- VEGGIE** €15.00
Roasted tomato sauce, grilled peppers, caramelised red onions,
pea shoots, vegan mozzarella
(contains: 1-wheat,6,7) - vegan option

ALLERGEN INDEX

- | | | |
|-------------------------------|-------------------------------|----------------------------------|
| 1 - CEREALS CONTAINING GLUTEN | 6 - SOYBEAN (AND PRODUCTS OF) | 11 - SESAME SEEDS |
| 2 - CRUSTACEANS | 7 - MILK (DAIRY) | 12 - SULPHUR DIOXIDE & SULPHITES |
| 3 - EGGS | 8 - NUTS | 13 - LUPINS |
| 4 - FISH | 9 - CELERY (CELERIAC) | 14 - MOLLUSCS |
| 5 - PEANUTS | 10 - MUSTARD | |



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Bar Menu



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Light Bites

HOMEMADE SOUP OF THE DAY **V** ***** €7.50
Served with freshly baked soda bread
(contains: 1-wheat,9)

CRAB CLAWS ***** €14.50
Served in a creamy garlic sauce
with a side salad and crostini
(contains 1-wheat,2,7)

OLD HEAD CREAMY SEAFOOD CHOWDER ***** €12.50
Served with homemade soda bread
(contains: 1-wheat, 2,4,7,9,12,14)

CHEESY GARLIC PIZZETTE **V** €8.50
Pizza dough baked with garlic butter,
Dubliner cheddar & buffalo mozzarella
(contains: 1-wheat,7)

KATSU PORK BELLY €12.50
Breaded pork belly bites, served with red
currant jelly and marinated carrot salad
(contains 1-wheat,6,11,12)

CHICKEN WINGS ***** €11.50
Choose between spicy Louisiana or sticky
BBQ sauce, served with a side of blue
cheese dip & celery sticks
(contains:1-wheat,7,9,10,12)

BATTERED CALAMARI €12.50
Golden calamari, served with a side
of fennel slaw and lime aioli
(contains 1-wheat,3,7,14)

NACHOS CARNITAS €15.50
Crispy tortillas, carnitas mix, melted cheese,
pico de gallo, jalapenos, served with a side
of sour cream & guacamole
(contains: 1-wheat,7)

GRILLED GOATS CHEESE SALAD **V** ***** €15.00
Mixed leaves tossed in house dressing,
roasted beet's, fresh figs, salted walnuts
& crispy focaccia bread
(contains: 1-wheat,7,8,12)

CHICKEN CAESAR SALAD **V** ***** €15.00
Cos lettuce tossed in our Caesar dressing,
crispy bacon, croutons, cherry tomatoes,
grilled lemon & garlic chicken topped
with parmesan shavings
(contains: 1-wheat,3,7)

Mains

SIGNATURE HEREFORD BEEF BURGER ***** €18.50
Smashed style patty grilled to perfection,
mustard mayo, onion, lettuce & tomatoes,
topped with crispy bacon & mature
cheddar cheese, served with chips
(contains: 1-wheat,3,7,10,12)

BUFFALO CHICKEN BURGER €18.50
Crispy breaded chicken breast tossed in our
hot sauce, served with tomato, lettuce &
topped up with blue cheese dressing
(contains: 1-wheat,3,7)

10oz STEAK ***** €36.00
Grilled sirloin steak served with potato Rosti,
sautéed onion, flat garlic mushroom & our
signature pepper sauce
(contains: 1-wheat,7)

RIGATONI PECORARA **V** €14.50
Creamy sauce, crispy pancetta, roasted pine
nuts, parmesan & spinach side of garlic bread
ADD CHICKEN €4.00
(contains: 1-wheat,7,8)

KINSALE BEER BATTERED FISH & CHIPS €19.00
"Kinsale Ale" batter, chunky chips, tartar
sauce, lemon, petit pois & bacon
(contains: 1-wheat,3,4,7,12)

OYSTERHAVEN BAY SEAFOOD PIE ***** €22.00
Creamy fish pie topped up with golden
potato Rosti and asparagus
(contains: 1-wheat,2,4,7,12,14)

CHICKEN KORMA ***** **V** €23.00
Light curry sauce, mixed vegetables, grilled
chicken, basmati rice, crispy naan bread
and pineapple salsa
(contains: 1-wheat,7,14)

SPECIAL OF THE DAY Market Price
Ask your server for details

Sandwiches

SERVED 12pm – 4pm

ROCKPOOL TOASTED SPECIAL €12.50
Baked ham, cheddar, beef tomato & red
onion on white sourdough bread
(contains: 1-wheat,7)

SPICY ITALIAN €14.50
Toasted focaccia, salami chorizo, rocket,
sundried tomato paste & mature cheddar cheese
(contains: 1-wheat,7,12)

Desserts

SELECTION OF ICE CREAMS €8.50
Vanilla, chocolate & strawberry ice creams served
with oreo crumbs, berry compote & wafer
(contains: 1-wheat,7)

CHOCOLATE BROWNIE €8.50
Chocolate sauce, madagascar vanilla
ice cream, roasted pistachio crumbs
(contains: 1-wheat,3,7,8)

APPLE CRUMBLE €8.50
Crunchy crumble, slow cooked apples, madagascar
vanilla ice cream & crème anglaise
(contains: 1-wheat,7,8)

VEGAN CHOCOLATE MOUSSE €9.50
(contains: 8)

MIX BERRY PAVLOVA €8.50
Meringue, whipped cream, mix berry compote,
fresh berries, premium vanilla ice creams
& roasted almonds
(contains: 1-wheat,3,7,8)

BELGIAN CHOCOLATE SUNDAE €10.50
Ice cream, hot brownie, caramel sauce, crushed
oreos, whipped cream, chocolate sauce &
belgian waffle
(contains: 1-wheat,3,7,8)

BAILEYS CRÈME BRULEE €9.50
(contains: 3,7)

Hot Drinks

AMERICANO €3.50
CAPPUCINO €3.80
DOUBLE ESPRESSO €4.00
ESPRESSO €2.50
FLAT WHITE €3.80
LATTE €3.80
HOT CHOCOLATE €3.70
TEA €3.50

V - CAN BE MADE VEGETARIAN

***** - CAN BE MADE COELIAC FRIENDLY

Vegan dishes are available, please ask your server for details

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Cocktails

SEX ON THE BEACH €12.50
Orange and cranberry juice shaken with Archers peach
schnaps, premium minke vodka and fresh lime juice

WHISKEY SOURS €13.00
Fresh lemon juice, simple syrup, Jameson and bitters
of your choice (rhubarb, orange, angostura or cherry)
served in whiskey glass garnished with orange peel
(contains: 3)

WHITE ESPRESSO MARTINI €14.00
Freshly brewed espresso, Kahlua, Vodka,
Coole swan served in martini glass

BLOOD ORANGE MARGARITA €14.50
Tequila, lime juice, blood orange liqueur and
triple sec all shaken together, served with a
sea salt edge and orange peel

BLACKS GIN FIZZ €13.50
Kinsale Gin, passion fruit puree, prosecco
garnished with a lemon peel (perfect aperitif)
(contains: 3)

PORNSTAR MARTINI €16.00
Best seller featuring Absolute vanilla, passion fruit
puree, Passoa and prosecco, served in martini glass
with a garnish of floating passion fruit (Ladies choice)
(contains: 3)

BARRYS ICE TEA €13.00
Ice cold Barrys tea, Absolute Citron, simple
syrup and Archers peach schnaps all mixed
together and served over ice

WOODFORD OLD FASHIONED €15.50
Finest bourbon gently mixed with simple syrup
and bitters, served in chilled whiskey glass on
ice and garnished with fresh orange peel

BOMBAY SPITZ €14.00
Bombay Lemon Presse, Chambord,
premium tonic, fresh raspberries

Dessert Cocktails

MUDSLIDE €13.50
Ideal dessert cocktail featuring Baileys,
Tia Maria Absolute vanilla and fresh
cream. Simply Indulgent experience
(contains: 7)

CREMA DE FRESA €13.50
Tequilla Rosa, Coole Swan white chocolate
liqueur, Absolute Vanilla and fresh cream.
Ideal after meal choice
(contains: 7)

Shots

BABY GUINNESS
TEQUILA ROSA
APPLE SOUR

Sides

TRUFFLE PARMESAN CHIPS €6.00
POTATO ROSTI €5.00
SIDE SALAD €4.50