



MANOR WEST HOTEL

LUNCH MENU  
12-5PM



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# MENU

12pm-5pm

Light Bites

## Homemade Soup Of The Day. €6

Served with homemade brown bread. Please ask server for details ( allergen depends on soup )

## Atlantic Seafood Chowder. €7.50

Chunks of fresh Atlantic seafood & garden vegetables cooked in a creamy velouté with homemade brown bread. (4,5,6,8,9,11,14)

## Eggs Benedict €9.50

Perfectly poached eggs nestled on a slice of tasty gammon, served on sourdough bread with spinach and hollandaise sauce (1a,4,7,9,11,13)

## Vegan Avocado Toast €9.50 (VF)

Crushed avocado & lime, chickpea & sundried tomato, chia seeds on grilled sourdough bread( 1a,)

## Caesar Salad €10

Tossed cos lettuce, crispy bacon and herb croutons. Finished with parmesan shavings ( 1, 4, 7, 11, 13 )  
Add cajun chicken €3 ( 9 ) or pan fried prawns €4 ( 5 )

## Warm Cajun Chicken Wrap €10

Tomato, red onion & mozzarella cheese with red pesto mayonnaise, served with salad and fries ( 1, 4, 9, 11, 13, 14 )

## Manor Toasted Special €9

Toasted ham, mature cheddar, onion and tomato served with salad and house fries ( 1, 4, 11, 13, 14, )

## BBQ Pulled Pork & Spiced Cheese €10

Served on Sourdough bread, Asian slaw, vine tomatoes & baby leaves (1a, 4,11,13,14)

Main Course

## Traditional Fish & Chips €17

Beer Battered fillet of cod, mushy peas, chunky fries & tartar sauce (1a,4,5,7,13,14)

## 8oz Prime Irish Beef Burger. €16

Served with smoked bacon, red onion marmalade & melted brie with salad and fries. (1a,4,7,11,13,14)

**Philly Style Steak Sandwich. €17.50** Grilled strips of prime Irish Steak, mushrooms & onions with gratinated chilli & chive cheese in a dressed ciabatta roll, served with salad & fries. (1a,4,7,11,13,14)

## Szechaun Chicken Stir-fry €15

With egg noodles & Mediterranean vegetables, sesame seeds & spring onion (1a,4,7,11,12,13,14)

## Vietnamese Boa Buns. €15.50 (VF)

With pulled oats, Szechuan sauce and crunchy Asian slaw (1a 9,11,12,13,14)

## Warm Apple Pie €6.50

Vanilla bean ice-cream, creme anglaise (1,4,7)

## Homemade Chocolate Brownie €6.50

Topped with Kellys salted caramel ice-cream (1a,4,7)

Dessert

## Nourish by Nature's

## Chocolate Raspberry Torte €7.00 (VF)

Crumbly cocoa & almond base topped with chocolate gnache and a raspberry chia jam centre served with raspberry sorbet (3a)

## Crunchy Oreo Cheesecake Jar €6.50

Layers of Oreo chocolate mousse and crunchy biscuit (1,4,7,)

## Candyfloss Pavlova Roulade €6.50

Rolled pavlova filled with candyfloss ice cream topped with fluffy cotton candy. (4,7)

## Selection of Ice-Cream €6.00

Served with chocolate sauce, topped with fresh cream (4,7)

Gluten Free options available on request (VF) Vegan Friendly

### ALLERGEN GUIDE

1.Cereal 1a.Wheat 1b. Rye 1c.Barley 1d.Oats 2.Peanuts 3.Nuts 3a.Almonds  
3b.Brazil Nuts 3c.Cashews 3d.Hazelnuts 3e.Macadamia 3f.Pecan 3g.Pistachio. 3h.Walnuts 4.Milk 5.Crustaceans 6.Mollusc 7.Eggs 8.Fish 9.Celery  
10.Lupin 11.Mustard 12.Sesame Seeds 13.Soya 14.Sulphar Dioxide

We are proud to use only Irish Beef in our dishes