

# sea salt

MANOR WEST HOTEL

## Lunch Menu

### Lighter Bites

**Manor West Atlantic Seafood Chowder** €9.25

Chunks of fresh Atlantic seafood & root vegetables, cooked in a creamy velouté (4,5,6,8,9,11,14)  
Served with freshly baked brown bread (1)

**Homemade Soup of The Day** (4,9,14) €7.50

Served with freshly baked bread (1)

**Chicken & Mushroom Vol au Vent** €12

Sautéed chicken & button mushrooms in a cream sauce, served in golden puff pastry (1,4,7,9,11,14)

**King Prawn & Chorizo Bruschetta** €14.50

Sautéed king prawns, sun dried tomatoes & spicy Spanish sausage on toasted ciabatta, topped with salsa verde (1,4,5,6,9,11)

**Caesar Salad** (starter €12 main €14)

Cos leaves, bacon lardons & crispy croutons, tossed in Caesar dressing, topped with Parmesan shavings (1,4,7,9,11,13,14) **add chicken +€4.50** (9)

**Roasted Chickpea & Avocado Bruschetta** €13

Crushed avocado & lime, roasted chickpeas, sundried tomato served on toasted sourdough, topped with dressed rocket leaves (1,9,11)

**Open Smoked Salmon on Brown Bread** €14

McCarthy's oak smoked salmon, crushed avocado, red onion & capers on buttered soda bread with a side of house slaw, lemon & Marie Rose sauce (1,4,7,8,9,11,14)

### Sides

**House Fries** (14) €4.95

**Chunky Fries** (14) €5.50

**Garlic Fries** (4,7,9,11,13,14) €7  
(topped with melted mozzarella)

**Chilli Beef Fries** (4,9,13,14) €9  
(topped with melted mozzarella)

**Side Salad** (11) €4.50

**Mashed Potato** (4,14) €4.50

**Vegetable Selection** (4,14) €4.95

**Coleslaw** (7,11,14) €3

**Garlic Bread** (1,4,7) €5.50

### Main Course

**Traditional Fish & Chips** €20

Beer battered Atlantic cod, served with chunky fries, mushy peas, homemade tartar sauce, house slaw & a wedge of lemon (1,4,7,8,11,14)

**Mercantile 8oz Prime Irish Beef Burger** €21

Flame grilled 8oz beef burger, topped with bacon, lettuce, tomato, red onion & melted smoked cheddar in a dressed bap with tomato relish, fries & house slaw (1,4,7,11,13,14)

**6oz Sirloin Steak Sandwich** €22

Prime Irish Sirloin Steak, selected & cut by our own in house butcher, cooked to your liking over our char grill, topped with sautéed onions & mushrooms, in a toasted ciabatta & a choice of pepper sauce or garlic butter, served with house slaw and fries (1,4,7,9,11,14)

**Cajun Chicken Burger** €20

Marinated chicken fillet burger, crispy bacon & pineapple salsa in a dressed brioche bun with house slaw & fries (1,4,7,11,13,14)

**Mercantile Vegetable Curry** €16.50

Sautéed fresh market vegetables in a medium spiced curry sauce with toasted naan bread, served with rice (1,4,9,11,12,13,14) **add chicken +€4** (9)

**Mercantile Vegan Burger** €19.95

'Beyond Meats' pea protein burger, served in a toasted bap with a sun dried tomato vegan mayonaise, served with a crisp salad & chunky fries (1,2,3,11,13,14) (Vegan)

Our WiFi Code is  
**mwguest**

#### ALLERGEN GUIDE

1.Gluten 2.Peanuts 3.Nuts 4.Milk 5.Crustaceans 6.Mollusc 7.Eggs 8.Fish 9.Celery 10.Lupin 11.Mustard  
12.Sesame Seeds 13.Soya 14.Sulphur Dioxide

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