

## STARTERS

### RUSTIC BREAD & HAZELNUT HUMMUS (V) – €5.50

Finished with Aged Balsamic Vinegar & Extra Virgin Olive Oil

### BLUE HAVEN SEAFOOD CHOWDER (GF) – €8.50

Served with Daily Baked Soda Bread

### SEASONALLY INSPIRED SOUP OF THE DAY (GF) – €4.90

Served with Daily Baked Soda Bread

### WILD ATLANTIC WAY CRAB CRUMBLE (GF) – €13.50

Tomato Beurre Blanc, Hegarty's Farmhouse Cheddar, Hazelnut & Almond Soft Herb Crumb

### CONFIT WILD DUCK & IBERICO HAM TERRINE – €9.90

Pickled Hazelnuts, Wild Boar Bon Bon, Charcoal Mayonnaise, Burnt Orange, Micro Cress & chargrilled Sour Dough

### PAN SEARED ATLANTIC SCALLOPS & DE ROISTE BLACK PUDDING – €13.50

Cauliflower Purée, Apple Textures & Pea Shoots

### JAMIE'S CLAY POT KING PRAWNS & IBERICO CHORIZO – €13.50

Iberico Chorizo & Pan Fried King Prawns with Garlic, Chilli, Shallots & Parsley

### HAND STRETCHED PIZZETTA – €5.90

Smoked Pancetta, Wild Mushroom & Cashel Blue Cheese

## SALADS & PASTA

### GIGANTI RICOTTA & ASPARAGUS TORTELLINI (V) – €15.95 (Add Grilled Chicken €2.00)

Finished with Green Peas, Asparagus, Basil Velouté, Rocket & Parmesan Salad

### WARM SALAD OF ROASTED BUTTERNUT SQUASH & CANDIED MAPLE BACON (H) – €14.50

With Baby Spinach, Chickpeas, Whipped Ricotta Cheese, Crisp Sage Leaves, Toasted Pumpkin Seeds & Pecan Nuts

### CHARGRILLED NORTH AFRICAN HARISSA CHICKEN SUPERFOOD SALAD (H) – €15.50

Chargrilled Harissa Chicken, Giant Cous Cous, Roasted Red Peppers, Chickpeas, Torn Mint, Micro Coriander, Tenderstem Broccoli, Crushed Hazelnuts & Cottage Cheese

### ST TOLA ORGANIC GRILLED GOATS CHEESE & BEETROOT SALAD (H) – €14.50

Caramelised Walnuts, Wild Rocket & Red Onion Jam, Sun Blushed Tomatoes, Roasted Beets, Balsamic Reduction & Garlic Crostini

## GRILL & MAIN COURSE

All our beef is sourced from 100% Prime Certified Irish Hereford grass fed cattle under 36 months old, then its aged on the bone for minimum of 28 days to create renowned flavour & texture. Hereford beef is prized for its wonderful flavour & succulence which is a result of the consistent light grain of marbling in the beef. This ensures a tender eating experience every time.

**All our Steaks are served with Sea Salt Chips, Garlic Butter or Pepper Sauce, garnished with Roasted Field Mushrooms, Cherry Vine Tomatoes, & Beer Battered Onion Rings.**

### CHILLI SPICED HEREFORD FLAT IRON STEAK – €21.00

### HEREFORD RUMP FILLET MEDALLIONS – €22.90

### PRIME HEREFORD RUMP STEAK – €19.90

### BLUE HAVEN 100% IRISH HEREFORD BEEF BURGER – €16.00 (Add Bacon €2.00)

Irish Hereford Beef Burger chargrilled to perfection, served with our own speciality Potato Bread Bun, Smoked Scarmorza Cheese, Dill Gherkins, Sliced Tomato, Rocket Leaves, Red Onion, Special Mustard Relish & Sea Salt Chips, finished with a side of Peppercorn Sauce

### THAI RED CURRY (V) (GF) – €15.50

With: King Prawns – €19.90

Chicken – €17.50

Asian Vegetables sautéed & served in an Authentic Thai Red Curry Paste, mixed with Coconut Cream, Lemongrass & Ginger. Served with Basmati Rice

### GLIN VALLEY IRISH CHICKEN SUPREME – €17.50

Pan Roasted with Lemon & Thyme, Potato Gnocchi, Iberico Chorizo, Wilted Baby Spinach, finished with Sage Leaves & Cashel Blue Cheese Sauce

### PAN ROASTED SLANEY VALLEY LAMB RUMP – €22.90

With Parmesan Mash, Tender Stem Broccoli with Anchovy Butter, Carrot & Cumin Purée, Lamb Jus & Crispy Salted Capers

### Sourced from Members of Quality Assurance Schemes & Local Suppliers.

Our meat & seafood are both locally sourced, & we guarantee to use Irish Beef.

(Please note that (GF) means that there is no flour used in the preparation of these dishes but please be aware that flour is used in our kitchen).

**(GF) Gluten Free (V) Vegetarian (H) Healthy Option**

# SEAFOOD SELECTION

## BLUE HAVEN FISH PIE – €16.90

Atlantic Salmon, Smoked Haddock & Cod, all bound together with a Parsley White Onion & Dill Cream Sauce, finished with Hegarty's Cheddar & Chive Mash, Daily Baked Soda Bread & French Style Peas

## THE CLASSIC BLUE HAVEN FISH & CHIPS – €16.90

Served in Crisp Beer Batter with Mushy Peas, Tartar Sauce, Maldon Sea Salt & Lemon (Recommended By Lucinda O Sullivan)

## PAN ROASTED SALMON & ATLANTIC SCALLOPS – €23.50

With Fondant Potato, Lobster Bisque Sauce, Asparagus Spears & Pea Shoots

## IRISH COAST HAKE – €19.90

With Potato Gnocchi, Lardons of Bacon, Leeks, Green Beans & Peas, Baby Spinach, Sun Blushed Tomato & Smoked Bacon Butter

# OYSTERS

## All Served on Crushed Ice with Lemon & Seaweed

Wasabi Dressing, Micro Coriander & Pickled Ginger		<b>3</b>	€7.00
Served Naked with Guinness Shot & Tabasco			€8.50
Preserved Lemon, Black Olive & Roasted Tomato			€7.00
Bloody Mary Dressing & Celery Ribbons			€7.00
Shallot, Chive & Chilli Vinaigrette			€7.00
North African Harissa & Lime			€7.00

## Oysterhaven Oyster Platter

Served Naked on Ice with Tabasco & Lemon			<b>6</b>	<b>12</b>	€14.00	€25.00
--	---	---	----------	-----------	--------	--------

## Oysterhaven Grilled Oyster Platter

Finished with Garlic & Samphire Butter			<b>6</b>	<b>12</b>	€15.00	€26.00
Iberico Chorizo Butter					€15.00	€26.00
Cashel Blue Cheese					€15.00	€26.00

Our meat & seafood are both locally sourced & we guarantee to use Irish Beef.

(Please note that (GF) means that there is no flour used in the preparation of these dishes but please be aware that flour is used in our kitchen).

(GF) Gluten Free (V) Vegetarian (H) Healthy Option

## SIDE ORDERS – €3.50 EACH

CREAMY MASH OR SMOKED GARLIC MASH (GF)

ROCKET AND PARMESAN SALAD WITH AGED BALSAMIC VINEGAR & SUN BLUSHED TOMATO – (H) (GF)

CRUNCHY SALAD, SHAVED CARROT, BEETROOT, LEMON & MINT – (H) (GF)

FRENCH BEANS WITH SMOKED BACON BUTTER – (GF)

BEER BATTERED ONION RINGS

BUTTER GLAZED ASPARAGUS – (GF)

STEAMED BUTTER GLAZED SEASONAL VEGETABLES – (GF)

SEA SALT CHIPS

CARROT, PARSNIP & SWEDE PURÉE

SUNDRIED TOMATO & BASIL GARLIC BREAD

# HOMEMADE DESSERTS

## AFFOGATO – €5

Double Espresso, Vanilla Bean Ice Cream & Biscotti

## PEANUT BUTTER & BELGIAN CHOCOLATE BROWNIE CHEESECAKE – €6.50

With Peanut Brittle, Salted Caramel Sauce, Praline Crystals & Caramel Ice Cream

## CHURROS WITH CINNAMON SUGAR – €6.00

With Warm Rum, Dark Chocolate Sauce & Praline Dipping Crystals

## STICKY TOFFEE, WALNUT & DATE PUDDING – €6.50

With Butterscotch Sauce, Ginger Crumb, Rum & Raisin Ice Cream

## WARM FLOURLESS CHOCOLATE MUDCAKE (GF) – €6.50

Vanilla Bean Ice Cream & Chocolate Sauce

## APPLE & PLUM, CINNAMON, HAZELNUT OAT CRUMBLE – €6.50

Jameson's Whiskey Ice Cream, Vanilla Bean Custard

WE ALSO HAVE AN AMAZING ICE CREAM SUNDAE MENU – PLEASE ASK YOUR SERVER

## WILD ATLANTIC WAY CHEESE BOARD SELECTION – €12.50

### CACIOCAVALLO PICCANTE

(SEMI HARD FROM TOONS BRIDGE, WEST CORK)

### CASHEL BLUE

(SEMI SOFT FROM BEACHMOUNT, CO. TIPPERARY)

### DURRUS FARM HOUSE

(SEMI SOFT FROM COOMKEEN, WEST CORK)

### HEGARTY'S CHEDDAR

(HARD FROM WHITECHURCH, NORTH CORK)

PEAR & APPLE CHUTNEY, SALT & PEPPER CELERY RIBBONS & ARTISAN SAVOURY BISCUITS

ALLA CARTE