

DEAR CUSTOMER, WE COOK EVERYTHING FROM FRESH TO ORDER SO PLEASE ALLOW ADEQUATE COOKING TIME FOR EACH DISH

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

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

# STARTERS & TAPAS

**SEASONALLY INSPIRED SOUP OF THE DAY (V) (GF) – €5.00**  
Served with Daily Baked Soda Bread

**RUSTIC BREAD & HAZELNUT HUMMUS (V) – €5.50**  
Finished with Aged Balsamic Vinegar & Extra Virgin Olive Oil

**HOUSE DRESSED IBERIAN MIXED OLIVES (V) (GF) – €4.00**

**BLUE HAVEN CHICKEN LIVER PATE – €9.50**  
Flavoured with tarragon & cognac, dressed rocket, red onion jam & ciabatta crostini

**ARANCINI (V) – €8.00**  
With Rissoto rice, porcini mushrooms, smoked scamorza and finished with a panko crumb & a truffle mayo

**BLUE HAVEN SEAFOOD CHOWDER (GF) – €8.50**  
Served with Daily Baked Soda Bread

**PAN SEARED CALAMARI – €9.50**  
With garlic and lemon chilli butter finished with fresh herbs. Served with freshly baked bread

**PANKO CRUMBED KINSALE SCAMPI – €11.50**  
Served with garlic & lemon aioli & three tomato salad

**SARDINIAN STYLE MEATBALLS (GF) – €9.00**  
Slaney Valley Meatballs infused with thyme, finished with cracked black olives & roasted tomatoes

**MINI FISH & CHIPS – €10.00**  
Served with homemade Tartar Sauce and Mushy Peas

**SPANISH FRIES (V) – €7.50**  
With Jalapeno Peppers, Black Olives, our own Spicy Seasoning, Melted Cheddar & Mozzarella

**LOUISIANA STYLE HOT WINGS – €9.50**  
Served with Cashel Blue Cheese, Mayonnaise & Celery Sticks

**JAMIE'S OYSTERHAVEN MUSSELS – €11.50**  
Finished with a Garlic White Wine Parsley Cream Sauce, Garlic Crostini & Sea Salt Frites

**CHARCUTERIE BOARD – €13.50**  
Chorizo Iberico, Imperial Salchicon, Serrano ham Reserva Duroc Breed, Cacio Cavallo Piccante Cheese from Toons Bridge Dairy, Florin peppers stuffed with cream cheese, roasted tomatoes & dressed Iberian mixed olives, crostini & hazelnut hummus

**WILD ATLANTIC WAY CHEESE BOARD SELECTION (V) – €12.50**  
Cashel Blue (Semi-soft from Beachmount, Co. Tipperary), Durrus Farmhouse (Semi-soft from Coomkeen, West Cork), Hegarty's Cheddar (Hard from White Church, North Cork), Pear & apple chutney, salt & pepper celery ribbons & artisan savoury biscuits.

**Why not add a glass of our house port for €4.50?**

# SIDE DISHES – €3.50

– **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**

– **STEAMED BUTTER GLAZED SEASONAL VEGETABLES – (GF)**

– **SEA SALT CHIPS – (GF)**

– **SEA SALT CRISPY POTATO SKINS WITH CHIPOTLE SAUCE**

**MASH POTATOES**

# OYSTERS

From Jamie Dwyer of Haven Shellfish

**All Served on Crushed Ice with Lemon & Seaweed**

Wasabi Dressing, Micro Coriander & Pickled Ginger

3  
€8.00

Served Naked with Guinness Shot & Tabasco

€9.00

Preserved Lemon, Black Olive & Roasted Tomato

€8.00

Bloody Mary Dressing & Celery Ribbons

€8.00

Shallot, Chive & Chilli Vinaigrette

€8.00

**Oysterhaven Grilled Oyster Platter**

Finished with Garlic & Samphire Butter

6 12  
€15.00 €26.00

Roasted Tomato, Aged Parmesan & Basil Crumb

€15.00 €26.00

Iberico Chorizo Butter

€15.00 €26.00

Cashel Blue Cheese

€15.00 €26.00

Brown Shrimp Butter

€15.00 €26.00

Served Naked on Ice with Tabasco & Lemon

€15.00 €27.00

# FISHMARKET SELECTION

Voted One of Irelands Top 20 Seafood Spots

**PAN FRIED IRISH COAST HAKE – €22.00**

Served with Potato Gnocci, lardons of Bacon, Leeks, Green Beans and Peas, Baby Spinach and cooked in sun blushed Tomato and Smoked Bacon Butter

**JAMIE'S OYSTERHAVEN MUSSELS & FRITES – €17.50**

Finished with a Garlic White Wine Parsley Cream Sauce, Garlic Crostini & Sea Salt Frites

**THE BLUE HAVEN FISH PIE – €16.50**

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)**

**BLUE HAVEN FISH TACOS WITH CRISPY SPICY POTATO SKINS – €16.50**

Pan Seared fish with Pico de Gallo salsa, spicy dill dressing, sliced red cabbage & pickled chillies, all loaded onto freshly made tacos with micro coriander, served with crispy sea salt potato skins

**THAI PRAWN RED CURRY (GF) – €20.00**

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

**BLUE HAVEN SEAFOOD PASTA – €19.50**

Prawns, Calamari & Mussels cooked in a fresh tomato and basil sauce with fresh chilli. Garnished with Micro Coriander

  
BLUE HAVEN  
HOTEL

  
HAMLETS  
GREAT FOOD • COCKTAILS • CRAFT BEERS

  
The  
Fish Market

THE BLUE HAVEN HOTEL IS BUILT ON THE SITE OF THE OLD FISH MARKET AND MEAT MARKET IN THE TOWN DATING BACK TO 1784

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# PASTA & SALADS

**GIGANTI RICOTTA & ASPARAGUS TORTELLINI (V) – €16.00**  
Finished with Green Peas, Basil Veloute, Rocket & Parmesan Salad **(Add Chicken €2.50)**

**SUMMER PESTO PASTA SALAD (V) – €14.50**  
Fresh Cherry Tomatoes, Extra Virgin Olive Oil, Mozzarella, Spanish Olives, Pine Nuts, Fresh Basil and Basil Pesto, served chilled

**KINSALE SEAFOOD SALAD (GF) – €17.50**  
Prawns, Squid and Mussels cooked in a Lemon & Butter Sauce; served on a bed of Mixed Leaf & Quinoa Salad with Shaved Fennel

**ST TOLA ORGANIC GRILLED GOATS CHEESE & BEETROOT SALAD (H) (V) – €14.50**  
Caramelised Walnuts, Wild Rocket & Red Onion Jam, Sun Blushed Tomatoes, Roasted Beets, Balsamic Reduction & Garlic Crostini

**THAI VEGETABLE RED CURRY (V) (GF) – €16.00**  
Asian Vegetables sauteed & served in an Authentic Thai Red Curry Paste, mixed with Coconut Cream, Lemongrass & Ginger. Served with Basmati Rice

# GOURMET PIZZAS

**THE CLASSIC MARGHERITA (V) – €12.50**  
Mozzarella Cheese, Sliced Tomato, Freshly Torn Basil Leaf

**THE WEST CORK PIG – €14.50**  
Rosscarbery Black Pudding, Slow Cooked Irish Pulled Pork, Toons Bridge Smoked Scamorza Cheese, Mozzarella, Crisp Sage Leaves & Spiced Mango Chutney

**THE HOT AND SPICY ONE – €14.50**  
House Chilli Beef, Spicy Pepperoni, Crispy Pancetta, BBQ Chicken, Red Onion, Garlic Mushrooms & Creamy Mozzarella

**THE NUTTY GOAT – €13.50**  
St. Tola Goats Cheese, Mozzarella, Walnuts, Wild Rocket, Crispy Pancetta & Homemade Red Onion Jam

**Extra Toppings – €2.00 each**  
Pepperoni, Ham, Onions, Mushrooms, Tomatoes, Black Pudding, Goats cheese, Smoked Bacon Lardons, Pulled Pork, Smoked Scamorza Cheese, Chilli Beef, BBQ Chicken

**GARLIC BREAD (V) – €3.50**

# MEATS

**7OZ ROLLED SIRLOIN STEAK - €23.50**  
Served with Sea Salt Chips, Sauteed Onions, Oyster Mushrooms and Roasted Cherry Tomatoes. Finished with Peppercorn sauce or a Red Wine Ju

**BLUE HAVEN 100% IRISH HEREFORD BEEF BURGER – €17.00**  
Irish Hereford Beef Burger chargrilled to perfection, served on a Waterford Blaa Bun, Smoked Scamorza Cheese, Sliced Tomato, Rocket Leaves, Roasted Black Pepper and Chive Mayo, Pickled Red Onion & Sea Salt Chips **(Add Bacon €2.00)**

**GLIN VALLEY PIRI PIRI CHICKEN BURGER – €15.50**  
Piri Piri Marinated Chicken Breast, Spicy Chipotle Sauce, Tomato Relish, Sliced Tomato, Rocket & served on a Waterford Blaa Bun

**THAI CHICKEN RED CURRY(GF) – €18.50**  
Asian Vegetables sauteed & served in an Authentic Thai Red Curry Paste, mixed with Coconut Cream, Lemongrass & Ginger. Served with Basmati Rice

# HOMEMADE DESSERTS

**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

**PASSION FRUIT PANACOTTA – €6.50**  
Served with passion fruit gel, berry coulis & raspberries sorbet

**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 Whiskey Ice Cream, Vanilla Bean Custard

**STRAWBERRIES & VANILLA WHIPPED CREAM – €6.00**

# SUNDAES – €7.50

**BLUE HAVEN SIGNATURE CHOCOLATE ICE CREAM SUNDAE**  
Chocolate Mud Cake pieces, Black Forrest Cherries, Belgian Double Chocolate Ice Cream, Pralines & Cream Ice Cream, Vanilla Bean Whipped Cream, Chocolate Chips & Chocolate Sauce

**MOTHERS SUNDAE**  
Prosecco infused Strawberries, Vanilla Bean Ice Cream, Strawberry Ice Cream, Clotted Cream, Toasted Pistachio Sponge, Warm White Chocolate Sauce & White Chocolate Shards, finished with Pistachio & Almond Crumb

**WARM APPLE SUNDAE**  
Caramel & Vanilla Bean Ice Cream with Hot Butterscotch Sauce, Apple & Cinnamon Compote, Sticky Toffee Ginger Cake Pieces, Whipped Vanilla Cream, finished with Praline & Fudge Pieces

**NUTS & MORE SUNDAE**  
Peanut Butter & Chocolate Brownie Cheesecake, Pistachio Ice Cream, Pralines & Cream Ice Cream, Snickers Chunks, Toasted Coconut, Pecans, Praline Crumb & Salted Caramel Sauce

**STRAWBERRY ETON MESS SUNDAE**  
Vanilla Bean & Strawberry Ice Cream, White Chocolate Sauce, White Chocolate Shards, Swiss Meringue & Irish Strawberries

# ICE CREAM – €5.50

**CHOOSE ANY 3 FLAVOURS WITH WHIPPED CREAM, RASPBERRY SAUCE & VANILLA WAFER**

Rum & Raisin	Caramel
Pralines & Cream	Pistachio
Cappuccino	Bubble Gum
Double Belgian Chocolate	Raspberry Sorbet
Vanilla Bean	Coconut
Classic Strawberry	

**ICE CREAM SCOOP & WAFER – €2.50**  
**(Choose From List Above)**

Our Ice Cream is Homemade from Glenown Farm Co. Cork

  
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