

(GFA)  
Gluten Free Option  
Available

# STARTERS & TAPAS

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

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

**HOUSE DRESSED IBERIAN MIXED OLIVES (GFA) – €4.00**

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

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

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

**PAN SEARED CALAMARI (GFA) – €9.50**  
With garlic and lemon chilli butter finished with fresh herbs. Served with Garlic Crostini

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

**SARDINIAN STYLE LAMB MEATBALLS (GFA) – €9.00**  
Slaney Valley Lamb Meatballs infused with thyme, finished with cracked black olives & roasted tomatoes. Served with Dressed Salad

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

**SPANISH FRIES – €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 (GFA) – €11.50**  
Finished with a Garlic White Wine Parsley Cream Sauce & Garlic Crostini

**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 – €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 – (GFA)**

– **CRUNCHY SALAD, SHAVED CARROT, BEETROOT, LEMON & MINT – (GFA)**

– **FRENCH BEANS WITH SMOKED BACON BUTTER – (GFA)**

– **BEER BATTERED ONION RINGS**

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

– **SEA SALT CHIPS – (GFA)**

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

– **MASH POTATOES (GFA)**

# 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

Served Naked on Ice with Tabasco & Lemon **6** €15.00 **12** €27.00

**Oysterhaven Grilled Oyster Platter**

Finished with Garlic & Samphire Butter **6** €15.00 **12** €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

# 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 (GFA) – €17.50**

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

**THE BLUE HAVEN FISH PIE (GFA) – €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 SEA SALT POTATO SKINS – €16.50**

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

**THAI PRAWN RED CURRY (GFA) – €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

All our breads & pastries are baked in house by our team of chefs. All of our Beef, Chicken, Lamb, Duck, Pork, Bacon, Potatoes & Eggs are 100% Irish origin & sourced from Members of Quality Assurance Schemes & Local Suppliers. Our local suppliers include Barbara Hegarty, Dan Hegarty, Eamonn O'Neil, Fisherman Mick, Jamie Dwyer, Pat Mulcahy, The Real Olive Company & Tony O'Connell. Please be aware our kitchen contains Nuts, Gluten & Dairy. Please ask your server for our list of allergens.

  
BLUE HAVEN  
HOTEL

  
HAMLETS  
GREAT FOOD • COCKTAILS • CRAFT BEERS

  
The  
Fish Market

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

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# PASTA & SALADS

## GIGANTI RICOTTA & ASPARAGUS TORTELLINI – €16.00

Finished with Green Peas, Basil Veloute, Rocket & Parmesan Salad (Add Chicken €2.50)

## SUMMER PESTO PASTA SALAD – €14.50

Fresh Cherry Tomatoes, Extra Virgin Olive Oil, Mozzarella, Spanish Olives, Pine Nuts, Fresh Basil and Basil Pesto, served chilled

## KINSALE SEAFOOD SALAD (GFA) – €17.50

Prawns, Squid and Mussels cooked in a Lemon & Butter Sauce; served on a bed of Mixed Leaf & Quinoa Salad with Shaved Fennel. Served Chilled

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

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

## THAI VEGETABLE RED CURRY (GFA) – €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 – €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 – €3.50

# MEATS

## 7OZ IRISH SIRLOIN STEAK (GFA) - €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. Served with Sea Salt Chips

## THAI CHICKEN RED CURRY (GFA) – €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 & raspberry sorbet

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

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

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

Vanilla Bean Ice Cream & Chocolate Sauce

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

Jameson Whiskey Ice Cream, Vanilla Bean Custard

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