

STARTERS & SMALLER DISHES

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

CALAMARI TEMPURA (GF) – €8.90

Served with dressed rocket & garlic aioli

PANKO CRUMBED KINSALE SCAMPI – €9.50

Served with garlic & lemon aioli & three tomato salad

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

Served with Daily Baked Soda Bread

SPANISH FRIES (V) – €6.50

With Jalapeno Peppers, Black Olives, our own Spicy Seasoning & Melted Mozzarella

LOUISIANA STYLE HOT WINGS – €9.50

Served with Cashel Blue Cheese, Mayonnaise & Celery Sticks

MINI FISH & CHIPS – €9.50

Beer Battered Fish with Mushy Peas, homemade Tartar Sauce & Maldon Sea Salt

LOCAL OYSTERHAVEN MUSSELS – €11.50

With a Garlic White Wine Cream Sauce & Sour Dough Garlic Crostini

WILD ATLANTIC WAY CRAB CRUMBLE (GF) – €13.50

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

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

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

PASTA

GIGANTI RICOTTA & ASPARAGUS TORTELLINI (V) – €16.00 (With Chicken €18.00)

Finished with Green Peas, Basil Veloute, Rocket & Parmesan Salad

CHICKEN PENNE CARBONARA – €16.50

Smoked Pancetta, Garlic, Parsley Cream & Egg

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
- STEAMED BUTTER GLAZED SEASONAL VEGETABLES – (GF)
- SEA SALT CHIPS – (GF)
- CARROT, PARSNIP & SWEDE PUREE – (GF)
- SUNDRIED TOMATO & BASIL GARLIC BREAD
- CAJUN SPICED CRISPY POTATO SKINS WITH CHIPOTLE SAUCE

SALADS

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

GOURMET PIZZAS

THE CLASSIC MARGHERITA (V) – €11.50

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, Pancetta, Pulled Pork, Smoked Scamorza Cheese, Chilli Beef, BBQ Chicken

SEAFOOD SELECTION

BLUE HAVEN FISH TACOS WITH CRISPY SPICY POTATO SKINS – €15.90

Mexican style beer battered 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 Cajun spiced potato skins

JAMIE'S OYSTERHAVEN MUSSELS & FRITES – €17.90

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

THE BLUE HAVEN FISH PIE – €15.90

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)

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

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

CHARGRILL & MAIN COURSES

8OZ CHILLI SPICED HEREFORD FLAT IRON STEAK - €21.00
14OZ BONE IN RIB EYE - €28.90

Both Served with Sea Salt Chips, Garlic Butter or Pepper Sauce garnished with Roasted Field Mushrooms, Cherry Vine Tomatoes & Beer Battered Onion Rings

(Please allow extra cooking time for steaks over a medium temperature)

BLUE HAVEN 100% IRISH HEREFORD BEEF BURGER - €16.90 (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. All our burgers are cooked medium well

GLIN VALLEY PIRI PIRI CHICKEN BURGER - €15.50

Piri Piri Marinated Chicken Breast, Spicy Chipotle Sauce, Tomato Relish, Sliced Tomato, Rocket & our own Speciality Potato Bread Bun

THAI RED CURRY (V) (GF) - €15.50

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

With: Jumbo King Prawns - €19.90
Chicken - €17.50

OYSTERS

All Served on Crushed Ice with Lemon & Seaweed

Wasabi Dressing, Micro Coriander & Pickled Ginger	🍷 3	€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

Oysterhaven Oyster Platter

Served Naked on Ice with Tabasco & Lemon	🍷 6	🍷 12	€14.00	€25.00
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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

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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

COCONUT & LIME PANACOTTA - €6.50

Caramelised Pineapple, Bannana Bread, Rum & Raisin Ice Cream & Toasted Coconut Crumb

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

ICE CREAM - €5.50

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

Rum & Raisin	Caramel
Pralines & Cream	Pistachio
Rhubarb	Low Fat Probiotic Yoghurt
Cappuccino	Bubble Gum
Double Belgian Chocolate	Raspberry Sorbet
Vanilla Bean	Coconut
Mint Chocolate Chip	
Classic Strawberry	
Crystallised Ginger	

1 SCOOP WAFFLE CONE - €2.50

(Choose From List Above)

Our Ice Cream is Homemade from Glenown Farm Co. Cork

ICE CREAM SUNDAES - €7.50

Blue Haven Signature Chocolate Ice Cream Sundae (Great to Share) Chocolate Mud cake Pieces, Black forest Cherries, Belgian Waffle, Double Chocolate Glenowen Farm Ice Cream, Pralines & Cream Ice, Cream & Vanilla Bean Whipped Cream & Chocolate Crisps

We love Sundaes so much we created a separate Sundae Menu - please ask your server for details

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