

# THE BLUE HAVEN HOTEL

## A LA CARTE MENU

### STARTERS

- Seasonally Inspired Soup of The Day (GFA)** €6.50  
*Served with daily baked soda bread*
- Blue Haven Seafood Chowder (GFA)** 1, 2, 8, 13 €9.50  
*Made with salmon, hake, smoked haddock and served with daily baked soda bread*
- Ardsallagh Goats Cheese, Irish Strawberries and Beetroot (GFA)** 4a, 13 €10.50 starter  
€18.50 main  
*With Horizon farm organic leaves & croutons*
- Homemade Lemon & Thyme Hummus (V)(GFA)** 4a, 7, 9 €8.50  
*With feta crumbs, pickles and croutes*
- Blue Haven Wings (GF\*)** 7, 8, 9, 13 €11.50  
*Finished in a fiery Louisiana hot sauce, Cashel Blue cheese mayonnaise dip and celery sticks*
- Wild Mushroom Tempura (V)(GF\*)** 7 €9.50  
*Served with hot sauce*
- Atlantic Prawns Pil Pil (GFA)** 4a, 6 €13.90  
*Atlantic prawns, garlic, chilli, spring onion, smoked paprika and olive oil, served with toasted sourdough*
- Free-Range Chicken Liver Pate (GFA)** 4a, 5c, 7, 13 €11.50  
*Sweet & sour apricot marmalade with hazelnuts and toasted sourdough*
- Burrata (GFA)** 5a, 13 €13.50  
*Served with Kalamata olives, oranges, Horizon farm organic leaves, sea salt, extra virgin olive oil and toasted sourdough*
- Crispy Calamari** 4a, 7, 9, 12 €9.50  
*With garlic aioli*
- Gubbeen Tapas Board** 4a, 7, 8, 9, 13 €15.50 (2 ppl.)  
*Gubbeen chorizo, Gubbeen salami, Gubbeen cheeses, tomato relish and croutons*

### Oysters (GF\*) 12

*Served naked on crushed ice with a shot of Murphy's Irish stout & Tabasco*

- 3 €9.50    6 €15.50    12 €28.50

### Sipping Champagne

Glass of Moët Imperial Champagne & Caviar - €90.00

Glass of Moët Imperial Champagne & dozen Oysters - €55.00

Glass of Moët Imperial Champagne & ½ dozen Oysters - €44.00



### MAIN COURSES

- Roasted Cauliflower Steak (Vegan)(GF\*)** 5a, 5b €18.50  
*Served with warm Greek salsa and smoked cashew cream*
- Jackfruit & Bean Chilli (Vegan)(GF\*)** €18.50  
*Braised jackfruit with paprika and beans, served with rice, tortilla chips and lime*
- Wild Mushroom Rigatoni (V)** 1, 4a, 13 €19.00  
*Rigatoni pasta with truffle cream sauce, garnished with parmesan (Add chicken €3.50)*
- Union Hall Cod (GF\*)** 2, 7, 9 €23.00  
*Salsa verde, lemon potatoes, organic salad*
- Classic Blue Haven Fish & Chips (GFA)** 1, 2, 4a, 7, 9 €18.90  
*Served in a crispy Kinsale Pale Ale beer batter with mushy peas, tartar sauce and a lemon wedge*
- 8oz Homemade Prime Irish Burger (GFA)** 1, 4a, 7, 9, 13 €18.90  
*Smoked streaky bacon, Irish cheddar cheese, Horizon farm leaves, onion rings, tomato relish and Sriracha mayonnaise, served in a brioche bun with a side of house slaw (up to zomin cooking time)*
- Irish Lamb Tagine (GF\*)** 5a, 7 €21.50  
*Moroccan spiced braised lamb with Persian rice, almonds, raisins, apricots and preserved lemon*
- Seafood Curry (GF\*)** 2, 6 €21.50  
*Diced salmon, haddock and prawn, simmered in a aromatic coconut and cardamom curry sauce served with pilaf rice and poppadom*
- Pan Roasted Chicken Supreme (GF\*)** 13 €21.50  
*Cognac cream sauce with wild mushrooms, creamy mash, seasonal vegetables*
- Seafood Gratin** 2, 4a, 7, 13 €21.50  
*Hake, salmon and smoked haddock in a white wine cream sauce, topped with parsley crumbs, and served with spring onion mash*
- Fish Taco (GFA)** 1, 2, 4a, 7, 13 €19.50  
*Kinsale Pale Ale beer battered fish, corn salsa, Baja sauce & lime in a flour tortilla served with fries*
- Ummerra Smoked Chicken Caesar Salad (GFA)** 1, 2, 4a, 7, 9 €18.50  
*Baby gem tossed in homemade Caesar dressing, anchovies and garlic croutons*



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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

## SIDES

- Rosemary, Flor de Sal Fries €4.60
- Creamy Mash €4.90
- Horizon Farm Organic Leaves €4.90  
*With honey mustard dressing*
- Seasonal Vegetables €4.90  
*With lemon butter and almonds*
- Baby Potatoes Lemon Butter €5.50



## DESSERTS

- Sticky Toffee Pudding <sup>1, 4a, 13</sup> €7.90  
*Served with caramel sauce and honeycomb ice-cream*
- Chocolate Mud Pie (GF) <sup>1, 5a, 13</sup> €8.50  
*Served with vanilla ice-cream, chocolate sauce*
- Lemon Posset (GFA) <sup>1, 4a, 13</sup> €7.50  
*With Raspberry Sorbet and shortbread Biscuit*
- Blue Haven Signature €8.50  
Chocolate Ice-Cream Sundae  
*With chocolate brownie pieces, waffles, Black Forest cherries, Belgian double chocolate ice-cream, pralines & cream ice-cream, vanilla bean whipped cream, chocolate chips & chocolate sauce*
- Cheese Board <sup>4a, 7, 8, 9, 13</sup> €11.50  
*Gubbeen cheeses, tomato relish and croutons*



### Our food ethos

We cook everything fresh to order, so please allow adequate cooking time for each dish.

All our breads & pastries are baked in our own bakery. All of our Beef, Chicken, Pork, Bacon, Potatoes & Eggs are sourced from Members of Irish Quality Assurance Schemes & Local Suppliers.

Our local suppliers include Horizon Farms in Kinsale, Hegarty's Cheddar, Haven Shellfish Oysterhaven, Glenown ice-cream, Kellehers Meats, Fresh Fish Deli, West Cork Olives, Ummera Irish Smokehouse, P. O'Connells, Gubbeen Smokehouse and Clona Dairy.

We, where possible, source our produce from surrounding areas in the interests of both quality and carbon footprint.

Unfortunately due to the set up of our system, we are unable to split bills. Thank you for your cooperation.

## TEAS & COFFEES

- Americano €3.10 €3.50
- Cappuccino €3.40 €3.80
- Flat White €3.40
- Latte €3.40
- Honey Latte €4.20
- Spanish Latte €4.20
- Mocha €4.20
- Espresso €3.00
- Piccolo €3.10
- Macchiato €3.10
- Tea €2.70
- Herbal Tea €3.40
- Hot Chocolate €4.20
- Extra Shot of Coffee €0.80
- Monin Flavoured Syrups €0.80

Blue Haven Signature Hot Chocolate - €5.90

*Nutella | Oreo | Orange | Raspberry*

*Plant based milk available on request.  
Choose from: almond | soya | oat | coconut.*

*Decaffeinated tea or coffee available.  
Iced Teas & Iced coffees also available.*

*For further selection, please ask your server for our full drinks menu*

### Blue Haven Coffee Blend

*Roasted specifically for us each week locally in Cork and blended from the finest Brazilian and Mexican arabicas, our blend has a creamy rich body and exhibits flavours of milk, chocolate, cherry and hazelnut in espresso. The addition of milk sweetens it further and tempers any traditional roast notes.*

*We hope you enjoy this unique Blue Haven blend*

*(V) Vegetarian, (GFA) Gluten Free options available.  
(GF\*) Contains no flour in the recipe, but flour is used in the kitchen  
Please be aware our kitchen contains Nuts, Gluten & Dairy.  
Please make your server aware of any allergies*

### LIST OF ALLERGENS

1. Egg | 2. Fish | 3. Peanut | 4. Gluten | 4a. Wheat | 4b. Spelt | 4c. Oat | 5. Nuts | 5a. Almonds | 5b. Cashew | 5c. Hazelnut | 5d. Pine Nut | 5e. Walnut | 6. Crustaceans | 7. Sulphur dioxide and sulphites (used as a preservative) | 8. Celery | 9. Mustard | 10. Sesame seeds | 11. Lupin | 12. Molluscs | 13. Milk | 14. Soy

