

A LA CARTE MENU

THE BLUE HAVEN



51° 42' 22.717" N 8° 31' 22.258" W

STARTERS

Seasonally Inspired Soup of the Day (GFA) €6.50
Served with Daily Baked Soda Bread

Blue Haven Seafood Chowder (GFA) €10.50
1, 2, 8, 13
Made with Salmon, Hake, Smoked Haddock and
Served with Daily Baked Soda Bread

Homemade Lemon & Thyme Hummus €8.50
(V)(GFA) 4a, 7, 9, 10, 13
With Feta Crumbs, Pickles and Croutes

Blue Haven Wings (GF*) 7, 8, 9, 13 €11.50
Finished in a Fiery Louisiana Hot Sauce, Blue Cheese
Mayonnaise Dip and Celery Sticks

Atlantic Prawns Pil Pil (GFA) 4a, 6 €13.50
Atlantic Prawns, Garlic, Chilli, Spring Onion, Smoked
Paprika and Olive Oil, served with Toasted Sourdough

Baked Beetroot (GFA) 4a, 7, 9, 13 €9.50
With Macroom Ricotta and Green Sauce, Croutons
and Horizon Leaves

Free-Range Chicken Liver Paté (GFA) €11.50
4a, 5c, 7, 13
Sweet & Sour Apricot Marmalade with Hazelnuts
and Toasted Sourdough

Ummera Smoked Chicken Arancini €10.50
1, 4a, 7, 8, 9, 13
With Marinara Sauce

Wild Mushroom & Truffle Arancini €9.50
1, 4a, 7, 8, 9, 13
With Parmesan & Truffle Aioli

Oysters (GFA*) 12

Served Naked on Crushed Ice with a
Shot of Murphy's Irish Stout & Tabasco



MAINS

Pan Fried Halibut GF 2, 7, 8, 9, 13 €33.90
Served with Tomato & Courgette Salsa, Herb Oil & Warm
Potato Salad

Wild Mushroom Rigatoni (V) 1, 4a, 13 €19.00
Rigatoni Pasta with Truffle Cream Sauce &
Garnished with Parmesan (Add chicken €3.50)

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

The Blue Haven 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 20min 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 an
Aromatic Coconut and Cardamom Curry Sauce Served
with Pilaf Rice and Poppadom

Pan Roasted Chicken Supreme (GF) 7, 8, 9, 13 €21.90
Served with Confit Garlic, Mash Potatoes, Sautéed Seasonal
Vegetables, Red Wine Jus

Seafood Gratin 2, 4a, 7, 13 €21.90
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

Organic West Cork Tofu and Jackfruit Curry (GF)(VEGAN) 14 €20.50
Jackfruit Simmered in Aromatic Coconut Curry with Tofu,
served with Basmati Rice and Pappodam

SALADS

Tempura Prawn Nicoise (GF) 1, 6, 7, 9 €17.50
With French Beans, Soft Boiled egg, Potatoes, Olives &
Horizon Leaves Tossed in Honey Mustard Dressing

Ardsallagh Goats Cheese & Beetroot Salad €16.50
(GFA) 4a, 7, 9, 13
With Horizon Farm Organic Leaves & Croutons

Ummera Smoked Chicken Ceasar Salad (GFA) 1, 2, 4a, 7, 9 €18.50
Baby Gem Tossed in Homemade Ceasar Dressing, Anchovies
& Garlic Croutons

Creamy Burrata 4a, 7, 8, 13 €16.50
Charred Tomatoes, with a hint of Chilli, Capers, Basil, Croutons
& Olive Oil

SIDES

Creamy Mash 7, 13	€4.60
Seasonal Vegetables	€4.90
Rosemary, Flor de Sel Fries	€4.90
Horizon Farm Organic Leaves	€4.90
Sautéed Baby Potatoes in Harissa Butter	€5.50
Charred Tenderstem Broccoli in Chilli and Garlic Oil	€5.50

TEAS & COFFEES

Cappuccino	€3.40	€3.80
Americano	€3.10	€3.50
Flat White	€3.40	
Latte	€4.20	

Honey Latte	€3.40
Spanish Latte	€4.20
Mocha	€4.20
Espresso	€3.00

Extra shot of Espresso	€0.80
Piccolo	€3.10
Macchiato	€3.10
Tea	€2.70

Herbal Tea	€3.40
Hot Chocolate	€4.20
Monin Flavoured Syrups	€0.80

Plant based milk available on request:
 Choose from: Almond | Soya | Oat | Coconut

Decaffeinated tea or coffees also available

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 our Beef, Chicken, Pork, Bacon, Potatoes & Eggs are sourced from members of the Irish Quality Assurance Schemes & local suppliers. Our local suppliers include Horizon Farms in Kinsale, Hegarty's Cheddar, Haven Shellfish Oysterhaven, West Cork Olives, Glenown Ice-cream, Kellehers Meats, Fresh Fish Deli, P.O'Connells, Ummera Irish Smokehouse, Clona Dairy and Gubbeen Smokehouse. We, where possible, source our produce from surrounding areas in the interests of both quality and carbon footprint.

Blue Haven Signature Hot Chocolate

€5.90

Nutella | Oreo | Orange | Raspberry

ALLERGENS

1. Eggs | 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 | 5f. Pistachio | 6. Crustaceans | 7. Sulphur Dioxide & Sulphites (Used as a preservative) | 8. Celery | 9. Mustard | 10. Sesame Seeds | 11. Lupin | 12. Molluscs | 13. Milk | 14. Soy

(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.