



BREAKFAST MENU

THE FISHERMAN'S BREAKFAST

16.50

Seaweed crumbed West Cork caught haddock served with a poached egg and hollandaise. Accompanied by a peppery watercress salad | 1, 2, 4, 4a, 9, 13

BLUE HAVEN GOURMET FULL IRISH BREAKFAST

12.50

Free-range eggs, Clonakilty cured bacon, sausages, and black pudding, served with sautéed mushrooms, potato hash browns, baked beans, and grilled cherry tomatoes. Accompanied by Cuthbert's toast and Irish butter. | (GFA) 1, 4a, 4c, 7, 9, 13

THE KINSALE SUNRISE

32.00

The ultimate sharing spread. Layers of fresh berries, Greek yogurt, and house granola, served with freshly baked croissants, scones, and local brown bread. Anchored by a savoury platter of West Cork caught smoked salmon, soft-poached eggs, smashed avocado, and classic hollandaise. | (GFA) 1, 4a, 4c, 7, 9, 13

BLUE HAVEN OMELETTE

12.50

Fluffy eggs paired with delicate courgette flowers and creamy goat's cheese. | (GF) (V) 1, 13

EGGS BENEDICT

12.50

Soft-poached free-range eggs and cured Clonakilty bacon served on warm toasted sourdough, topped with classic hollandaise. | (GFA) 1, 7, 13

WEST CORK BREAKFAST TACOS

14.50

Warm corn tortillas filled with soft scrambled free-range eggs and crumbled Clonakilty black pudding. Topped with a vibrant tomato salsa and zesty pickled red onions. | (V) 1, 4a, 7, 13

DIY SCRAMBLED EGGS

8.50

Free range Irish eggs with grilled stem cherry tomatoes.

Choose any two of our toppings - chorizo - spinach - smoked salmon - mushroom - bacon or sausage - clonakilty black pudding
(V) (GFA) 1, 4a, 13

3.50



FRENCH TOAST 12.50

Free-range egg-washed brioche, gently pan-fried and topped with seasonal mixed berries and rich maple syrup. | (V) (GFA) 1, 4a, 13

Add bacon 3.50

WEST CORK PANCAKES 12.50

Fluffy buttermilk pancakes topped with a rich, roasted local strawberry sauce and fresh strawberries. Finished with a delicate basil sugar and a dollop of whipped mascarpone. | 1, 4a, 13

TRADITIONAL ORGANIC IRISH OATMEAL PORRIDGE 6.50

Finished with berry compote and honey. | (V) 4c, 13

Add one of the following: 3.50
Clonakilty cured bacon, Clonakilty sausages, roasted mushrooms, grilled tomatoes, West Cork caught smoked salmon, baked beans, potato hash browns, Clonakilty black pudding.

Add one of the following: 3.60
Freshly baked sweet & savoury scones & pastries, plain or fruit served with fresh Irish cream, Irish butter & strawberry jam. | 1,4,7
Croissants served with fresh Irish cream, Irish butter and strawberry jam. | 4

Selection of freshly baked cakes. 4.20

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, (VG) Vegan, (GFA) Gluten Free option available (GF*), Contains NO flour in recipe but flour is used in the kitchen. Please be aware that our kitchen contains nuts, gluten & dairy. Please make your server aware of any allergies.

STARTERS

CARROT HUMMUS | 11.50

Creamy carrot hummus with sticky date dressing, za'atar spice & toasted sourdough | 4a,5b,10 (GFA) (V)

Suggested Pairing Rebuli, Prosecco Frizzante

ROARING WATER BAY OYSTERS | 11.50

Three oysters sourced from Roaring Water Bay in West Cork, with chives, shallots & a chilli vinaigrette | 7,12 (GF)

Suggested Pairing Glass of Beamish

ROARING WATER BAY MUSSELS |

STARTERS 13.00 MAINS 25.50

Cooked in white wine & cream sauce. Served with garlic sourdough bread | 4a,7,8,12,13 (GFA)

Suggested Pairing Stonewell Cider

SEASONAL SOUP OF THE DAY | 7.90

Served with freshly baked soda bread | 4a,8,13 (GFA)

CLIFFS WEST CORK CROQUETTE | 14.50

Croquette with Clonakilty black pudding, stuffed with scamorza cheese, fried until golden and served with apple and chilli chutney | 1,4a,5e,7,13

Suggested Pairing Señorío de Ayud, Chardonnay

MONKFISH SCAMPI |

STARTERS 15.50 MAINS 31.00

West Cork caught Monkfish with lemon verbena aioli & pea shoot salad | 1,2,4a,7,9,10,13

Suggested Pairing The Pale, Rosé

ROASTED IRISH BEETROOT | 13.50

Roasted Irish beetroot with whipped local goat's cheese | 7,13

Suggested Pairing Moët Impérial, Brut Rosé

BLUE HAVEN SEAFOOD CHOWDER | 12.50

West Cork caught hake, salmon & smoked haddock. Served with freshly baked soda bread |

1,2,4a,7,8,13 (GFA)

Suggested Pairing Villa Noria, Orange Wine

ORGANIC GARRYHINCH WILD MUSHROOM TART | 12.50

Sautéed wild mushrooms baked in a homemade tart. Served with grated Parmesan cheese & arugula salad | 1,4a,7,13

Suggested Pairing Château La Baronne, Juste le Rouge

BLUE HAVEN CHICKEN WINGS | 12.90

Finished in a fiery hot sauce, served with blue cheese dip | 1,7,8,9,13 (GF)

Suggested Pairing Château La Baronne, Juste le Rouge

FREE-RANGE CHICKEN LIVER PATÉ | 13.50

Served with in house red onion marmalade & toasted brioche | 4a,7,13 (GFA)

Suggested Pairing Château La Baronne, Juste le Rouge

PRAWN PIL PIL |

STARTERS 15.50 MAINS 28.00

Atlantic prawns with garlic, chilli, spring onion, smoked paprika & olive oil with toasted sourdough | 4a,6,7 (GFA)

Suggested Pairing Viticultores Peninsula, Mestà

THE BLUE HAVEN SEAFOOD TOWER

SEAFOOD TOWER FOR 2 | 55

Mackerel Pâté, Rossmore oysters, Atlantic prawn cocktail, smoked salmon, Roaring Water Bay mussels, Goatsbridge trout roe, homemade soda bread and butter, charred lemon and chips (1,2,4a,6,7,12,13,14)

Suggested Pairing Moët & Chandon Brut Imperial

MAINS

FISH & CHIPS | 22.50

Beer battered fresh West Cork caught haddock coated in Kinsale Pale Ale beer batter with mushy peas, tartare sauce & lemon wedge | 1,2,4a,7,9,13 (GFA)

Suggested Pairing Glass of Kinsale Pale Ale

IRISH BLACK ANGUS BURGER | 22.50

Smoked West Cork streaky bacon, cheddar cheese, Kinsale Horizon Farm leaves, tomato, onion rings, tomato relish & Sriracha mayonnaise. Served with side of house slaw & chips | 1,4a,7,9,13 (GFA) (Up to 20 mins cooking time)

Suggested Pairing Château Gaudou, Exception Malbec

BRAISED BEEF WITH GREMOLATA | 28.50

12 Hour slow cooked local Irish beef with creamy mash potatoes, red wine jus, seasonal vegetables & gremolata | 7,8,13 (GF)

Suggested Pairing Château La Baronne, Juste le Rouge

KINSALE SEAFOOD PLATTER | 31.00

West Cork caught mackerel pâté, Roaring Water Bay oysters, fish goujons, prawn salad. Served with chips & tartare sauce | 1,2,4a,6,7,9,12,13,14 (GFA)

Suggested Pairing Peninsula Viticultores, Mestà

HERB ROASTED IRISH CHICKEN BREAST | 26.50

Roasted local Irish chicken served with creamy mash, chicken & tarragon veloute & a side of seasonal vegetables | 7,13 (GF)

Suggested Pairing Moët & Chandon, Grand Vintage 2016

MONKFISH SATAY | 30.00

West Cork caught Monkfish, chilli & peanut dressing, pickled cucumber, crunchy salad | 1,2,3,6,7,10,14

Suggested Pairing Villa Noria, Orange Wine

CHICKEN SCHNITZEL | 25.50

Roasted local Irish chicken with creamy wild mushroom, tarragon sauce & fried egg. Served with chips | 1,4a,7,13

Suggested Pairing El Esteco, Don David

LEMON AND PARSLEY TAGLIOLINI | 27.50

With prawns and mussels, cherry tomatoes, and basil | 1,4a,6,7,9,13

Vegetarian option available with burrata.

Suggested Pairing Aphros Wines, Loureiro

PAN FRIED COD | 28.50

West Cork caught Cod with brown butter, crushed potatoes, roasted squash, capers & lemon sauce | 2,7,13

Suggested Pairing Señorío de Ayud, Chardonnay

SEAFOOD KORMA | 25.50

Atlantic prawns, diced salmon & haddock, simmered in an aromatic coconut & cardamom curry sauce. Served with pilaf rice, raita & poppadum | 2,6,7 (GFA)

Suggested Pairing Blue Haven Sauvignon Blanc NZ

CHICKEN TIKKA | 24.50

Marinated succulent pieces of local Irish chicken, simmered in an aromatic creamy cardamom & cashew curry sauce. Served with pilaf rice, raita & poppadum | 7,13,5b (GFA)

Suggested Pairing Villa Noria, Orange Wine

CHICKPEA & TOFU CURRY | 21.50

Marinated chickpeas & organic West Cork tofu, tossed in a coconut curry sauce. Served with pilaf rice, raita & poppadum. | 7,14 (GFA)

Suggested Pairing The Pale, Rosé

CHICKEN CAESAR SALAD | 21.50

Local Irish chicken served with baby gem lettuce tossed in homemade Caesar dressing, West Cork crispy bacon, anchovies & garlic croutons | 1,2,4a,7,9,13 (GFA)

Suggested Pairing Rebuli, Prosecco Frizzante

SIDES | 5.50

BEER BATTERED ONION RINGS | 4a,7

CHIPS | 7

MINI CAESAR SALAD | 1,2,4a,7,9

BABY POTATOES | 13

PILAF RICE

MASHED POTATOES | 13

STARTERS

BLUE HAVEN SEAFOOD CHOWDER | 12.50
West Cork caught salmon, hake and smoked haddock, served with freshly baked soda bread | 1,2,4a,7,8,13 (GFA)

ROARING WATER BAY MUSSELS | STARTERS 13.00 MAINS 25.50
Mussels cooked in white wine & cream sauce, served with garlic sourdough bread | 4a,7,8,12,13 (GFA)

SEASONAL SOUP OF THE DAY | 7.90
Served with freshly baked soda bread | 4a,8,13 (GFA)

MONKFISH SCAMPI | STARTERS 15.50 MAINS 31.00
West Cork caught Monkfish with lemon verbena aioli and pea shoot salad | 1,2,4a,7,9,10,13

ORGANIC GARRYHINCH WILD MUSHROOM TART | 12.50
Sautéed wild mushrooms baked in a homemade tart. Served with grated Parmesan cheese & arugula salad | 1,4a,7,13

PRAWN PIL PIL | STARTERS 15.50 MAINS 28.00
Atlantic prawns with garlic, chilli, spring onion, smoked paprika & olive oil. Served with toasted sourdough | 4a,6,7 (GFA)

BLUE HAVEN CHICKEN WINGS | 12.90
Finished in a fiery hot sauce, served with blue cheese dip | 1,7,8,9,13 (GF)

CLIFFS WEST CORK CROQUETTE | 14.50
Croquette with Clonakilty black pudding, stuffed with scamorza cheese, fried until golden and served with apple and chilli chutney | 1,4a,5e,7,13

THE SUNDAY ROAST

CHOICE OF MEAT | 24

Accompanied with homemade Yorkshire pudding, beef fat roast potatoes, honey glazed seasonal veg, creamy mash, stuffing and house gravy | 1,4a,7,8,13

ROAST LEG OF LAMB

ANGUS PRIME RIB

TURKEY BREAST OR CHICKEN

12HR BRAISED BEEF

CATCH OF THE DAY SERVED WITH LEMON CAPER SAUCE

SUNDAY SIDES

CAULIFLOWER GRATIN | 6.50
4a,13

MAINS

MONKFISH SATAY | 30.00
West Cork caught Monkfish, chilli and peanut dressing, pickled cucumber, crunchy salad | 1,2,3,7,10,14

FISH & CHIPS | 22.50
Beer battered fresh West Cork caught haddock coated in Kinsale Pale Ale beer batter with mushy peas, tartar sauce & lemon wedge | 1,2,4a,7,9,13 (GFA)

CHICKPEA & TOFU CURRY | 21.50
Marinated chickpeas & cubes of organic West Cork tofu, in a coconut curry. Served with pilaf rice, raita and poppadum. | 7,14 (GFA)

IRISH BLACK ANGUS BURGER | 22.50
Smoked West Cork streaky bacon, cheddar cheese, Kinsale Horizon Farm leaves, tomato, onion rings, tomato relish & Sriracha mayonnaise. Brioche bun with a side of house slaw & chips | 1,4a,7,9,13 (GFA) (Up to 20 mins cooking time)

CHICKEN CAESAR SALAD | 21.50
Served with baby gem lettuce tossed in homemade Caesar dressing, West Cork crispy bacon, anchovies & garlic croutons | 1,2,4a,7,9,13 (GFA)

DESSERTS

BLUE HAVEN SUNDAE | 12
Chocolate brownie pieces, Belgian waffles, Black Forest cherries, chocolate caramel & vanilla ice cream, vanilla bean whipped cream, chocolate shavings & chocolate sauce | 1,4a,13 (GFA)

PUMPKIN BASQUE CHEESECAKE | 9
Silky pumpkin Basque cheesecake with a rich, caramelised top | 13

STICKY TOFFEE PUDDING | 9
Rich date sponge with toffee sauce and served with vanilla ice cream | 1,4,13

8 LAYER CHOCOLATE CAKE | 9
Layers of chocolate cake with velvety chocolate cream filling | 1,4a,13

SIDES | 5.50

BEER BATTERED ONION RINGS | 4a,7
CHIPS | 7
MINI CAESAR SALAD | 1,2,4a,7,9

BABY POTATOES | 13
PILAF RICE
MASHED POTATOES | 13

KIDS MENU

STARTERS

SOUP OF THE DAY 3.70

Served with daily baked soda bread | 4a, 8, 13 (GFA)

SEAFOOD CHOWDER 4

Served with daily baked soda bread | 1, 2, 7, 8, 13 (GFA)

GARLIC CIABATTA 3

With or without mozzarella 4a, 13

MAINS

PENNE PASTA 6

Served with tomato sauce and parmesan cheese | 1, 4a, 7, 13

MINI FISH & CHIPS IN A BASKET 8

Crispy battered fresh fish & lemon wedge | 1, 2, 4a

4OZ BEEF BURGER 8

Served in a brioche bun with Irish cheddar and chips | 1, 4a, 7, 13

SAUSAGES AND MASH 8

100% Irish pork sausages with creamy mash, garden peas & gravy | 4a, 7, 8, 13

DESSERTS

STRAWBERRY & VANILLA ICE CREAM SUNDAE 4.50

With fresh strawberries, whipped cream and toasted almonds | 5a, 13

JELLY & ICE CREAM 4.50

Served with raspberries & vanilla ice cream | 13

BLUE HAVEN MINI CHOCOLATE CAKE 4.50

With chocolate sauce & vanilla ice cream | 1, 5a, 13

ICE CREAM SELECTION 4.50

Choose 2 from: vanilla, caramel, strawberry, chocolate, raspberry sorbet 13



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, (VG) Vegan, (GFA) Gluten Free option available (GF*), Contains NO flour in recipe but flour is used in the kitchen. Please be aware that our kitchen contains nuts, gluten & dairy. Please make your server aware of any allergies.

DESSERTS

APPLE HONEY TOAST

€9

Brioche honey toast topped with mascarpone, apple and cinnamon compote with oats crumble | 1,4,7,13

STICKY TOFFEE PUDDING

€9

A rich, warm date sponge drenched in a classic butterscotch toffee sauce, served with a scoop of velvety vanilla bean ice cream | 1,4,13

PUMPKIN BASQUE CHEESECAKE

€9

Silky pumpkin Basque cheesecake with a rich, caramelised top | 13

BLUE HAVEN SUNDAE

€12

Layers of rich chocolate brownie pieces, Belgian waffles, and dark Black Forest cherries, piled high with double chocolate, caramel, and vanilla ice cream. Finished with vanilla bean whipped cream, chocolate shavings, and a rich chocolate sauce | 1,4a,13 (GFA)

8 LAYER CHOCOLATE CAKE

€9

Layers of chocolate cake with velvety chocolate cream filling | 1,4a,13

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, (VG) Vegan, (GFA) Gluten Free option available (GF*), Contains NO flour in recipe but flour is used in the kitchen. Please be aware that our kitchen contains nuts, gluten & dairy. Please make your server aware of any allergies.