

Starters

SEASONALLY INSPIRED SOUP OF THE DAY (GFA) - €5.50
Served with daily baked soda bread.

BLUE HAVEN SEAFOOD CHOWDER (GFA) - €8.90
Made with salmon, hake, smoked haddock
and served with daily baked soda bread.

FREE-RANGE CHICKEN LIVER PATE (GFA) - €9.50
Brioche crostini, red onion marmalade,
crispy capers, rocket.

BLACK PUDDING BON BON - €9.90
Breaded and fried Ballinwillin House Wild Boar black
pudding & smoked Gubbeen cheese, apple, watercress.

BLUE HAVEN WINGS (GF) - €9.50
Finished in a fiery Louisiana hot sauce, Cashel
blue cheese mayo dip and celery sticks.

ATLANTIC PRAWNS PIL PIL (GFA) - €12.90
Atlantic prawns, garlic, chilli, spring onion
and olive oil served with toasted sourdough.

ATLANTIC SMOKED SALMON - €9.50
Served with lemon aioli, capers and mixed house leaves.

CRISPY BATTERED VEGETABLE
TEMPURA FRITTI (GF) (VEGAN) - €7.50
Peppers, spring onions, courgette, wild
mushrooms, served with vegan aioli.

UMMERA SMOKED CHICKEN
& RED ONION FRITTERS - €9.50
With tomato relish.

THE BLUE HAVEN



51° 42' 22.717" N 8° 31' 22.258" W

Bistro Menu

OYSTERS (GF)

Served naked with

Murphy's shot & tabasco.



3



6



12

€7.50

€13.50

€25.00

Sandwiches

Served Monday - Friday 12.00 - 4.30pm

TARRAGON CHICKEN - €8.90

Roast free range chicken, baby gem, tarragon mayo
on Cuthbert's white pezo pan.

THE FISH MARKET - €11.90

Oak smoked salmon, fresh Atlantic prawns, pickled
radish, avocado, rocket & sun-blushed tomato
pesto on Blue Haven brown soda bread.

TOASTED SPECIAL - €9.90

Honey & mustard glazed ham, Hegarty's cheddar
cheese, red onion marmalade & vine tomato on
Cuthbert's white pezo pan.

Main Courses

JACKFRUIT TACO (VEGAN) - €16.50
Marinated and pulled jackfruit, Pico de Gallo,
tortilla wrap, cabbage, Horizon Farm leaves,
tomato relish and French fries.

SPAGHETTI ALLA POMODORO (V) - €15.00
Fresh spaghetti tossed in homemade tomato and basil
sauce, garnished with parmesan cheese and served
with Arbutus garlic bread.
ADD CHICKEN - €3.50

CLASSIC BLUE HAVEN FISH & CHIPS (GFA) - €17.90
Served in a crispy Kinsale Pale Ale batter with
mushy peas, tartar sauce and a lemon wedge.

8oz HOMEMADE BURGER (GFA) - €18.50
Smoked streaky bacon, Irish cheddar cheese, Horizon
Leaves, onion rings, tomato relish and Sriracha mayo,
served in a brioche bun with a side of house slaw.
(up to 20 mins cooking time)

ROAST FREE RANGE CHICKEN SUPREME - €18.90

Served with wild Irish mushroom cream sauce,
fresh basil gnocchi and topped with rocket pesto.

GRILLED WEST CORK HAKE (GF) - €18.50

Garlic prawns, leeks, peas, mashed potato with
warm tartar sauce and Horizon Farm leaves.

BLUE HAVEN FISH PIE - €17.50

Hake, salmon, smoked haddock and prawns bound in a white
wine cream velouté, topped with piped creamed potatoes,
and grilled with Hegarty's mature cheddar. Served with fries.

10oz RIB EYE STEAK (GFA) - €29.50

Irish Angus cooked to your liking, accompanied by beer
battered onion rings. Served with fries or creamy mashed
potatoes and mixed leaf salad or seasoned vegetables.
Choose your sauce: red wine jus, garlic butter or pepper
sauce.

CHICKEN CAESAR SALAD (GFA) - €14.95

Sliced marinated chicken breast, baby gem, crispy bacon,
anchovies, parmesan cheese, herb croutons and Caesar
dressing.

021 4772209
INFO@BLUEHAVENKINSALE.COM



WWW.BLUEHAVENKINSALE.COM

The Blue Haven Hotel is built on the site
of the Old Fish Market and Meat Market
in the town dating back to 1784

Dessert

BLUE HAVEN SIGNATURE CHOCOLATE
ICE CREAM SUNDAE (GFA) - €8.50
With chocolate brownie pieces, waffles, black forrest cherries, Belgian double chocolate ice cream, pralines & cream ice cream, vanilla bean whipped cream, chocolate chips & chocolate sauce.

STICKY TOFFEE PUDDING - €6.90
With salted caramel sauce and rum & raisin ice cream.

RAIN CAKES - €6.50
Crispy apple & banana fritters, cinnamon sugar toffee sauce.

BANOFFE SUNDAE - €7.50
Soft serve, dulce de leche, candied banana crisps, whipped cream, wafer & chocolate crisps.

CHOCOLATE BROWNIE - €6.50
With vanilla ice cream



Teas & Coffees

	REG	LGE
AMERICANO	€2.90	€3.20
CAPPUCCINO	€3.20	€3.40
WHITE COFFEE	€3.20	€3.20
CAFFE LATTE	€3.20	
MOCHA	€3.20	
ESPRESSO	€2.80	
DOUBLE ESPRESSO	€2.90	
TEA	€2.50	
HERBAL TEA	€3.20	

	REG
HOT CHOCOLATE	€3.50
EXTRA SHOT	€0.60
MONIN FLAVOURED SYRUPS	€0.60
WEST CORK IRISH COFFEE	€7.50
JAMESON IRISH COFFEE	€7.50
CALYPSO COFFEE	€7.50
BAILEYS COFFEE	€7.50
FRENCH COFFEE	€7.50

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.

BLUE HAVEN SIGNATURE
NUTELLA HOT CHOCOLATE €5.50
Topped with whipped cream,
Maltesers and biscuit



(GFA) GLUTEN FREE OPTION AVAILABLE

(GF) GLUTEN FREE (V) VEGETARIAN

PLEASE BE AWARE OUR KITCHEN CONTAINS
ALL 14 ALLERGENS.

PLEASE ASK YOUR SERVER FOR OUR LIST OF ALLERGENS.

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



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, Lamb, Duck, 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, Tom Durcan, Yogi Micro Herbs, Ballinwillin House Farm, West Cork Olives, O'Connell Seafoods, Coolcower Meats & Ummera Irish Smokehouse. We, where possible, source our produce from surrounding areas in the interests of both quality and carbon footprint.



021 4772209
INFO@BLUEHAVENKINSALE.COM



WWW.BLUEHAVENKINSALE.COM

The Blue Haven Hotel is built on the site
of the Old Fish Market and Meat Market
in the town dating back to 1784