



RARE

at

BLUE HAVEN

STARTERS

BREAD TO SHARE AND DIPS - €6.50

Garlic Butter, Olive Oil & Sun Blushed Tomato Spread Dips

SEASONALLY INSPIRED SOUP OF THE DAY (GFA) - €5.50

Served with daily Baked Soda Bread

BLUE HAVEN SEAFOOD CHOWDER (GFA) - €8.90

Served with daily Baked Soda Bread

BAKED GOATS CHEESE - €9.50

With Rocket Salad, Red Onion Marmalade and finished with Apple & Grape Chutney, served on Focaccia Bread

ASIAN SPICY PRAWNS - €10.00

Prawns cooked in Ginger, Lemon Grass and Red Chilli Sauce served with Rustic Sourdough Bread

SMOKED SALMON - €11.00

With Organic Rocket Salad, Pomegranate & Orange Segments. Finished with Dill Crème Fraiche

JAMIE'S OYSTERHAVEN MUSSELS (GFA) - €13.50

Finished with a Garlic White Wine Parsley Cream Sauce and Garlic Rostini

TAPAS SHARING BOARD - €14.50

Chorizo Iberico, Imperial Salchicon, Serrano Ham Reserva, Olive Oil Focaccia Bread, Mozzarella Cheese from Toons Bridge Dairy, Black Olive Tapenade, Sun Blushed Tomato Spread and Olive Oil & Balsamic Dip

BLUE HAVEN FOIE GRAS PARFAIT- €10.50

Served with Apple & Grape Chutney and Mini brioche

OYSTERS



All served on Crushed Ice with Lemon & Samphire/Sea Asparagus

Naked served with Tabasco and Lemon

Served with a shot of Murphy's or Guinness

	3	6	12
	€8.50	€15.50	€27.50

Wasabi Dressing, Pickled Ginger & Micro Coriander

	€8.50	€15.50	€27.50
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Bloody Mary dressing and Celery Shavings

	€8.50	€15.50	€27.50
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Shallot, Chive and Chilli Vinaigrette

	€8.50	€15.50	€27.50
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Honey, Tabasco, Sakura and Pomegranate

	€8.50	€15.50	€27.50
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GRILLED OYSTERS

	3	6	12
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Garlic and Samphire Butter

	€8.50	€18.00	€29.00
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Spinach, Bacon and Bearnaise

	€8.50	€18.00	€29.00
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SIDE ORDERS

Mixed Leaf Salad with Balsamic Dressing (GFA) - €4.00

Steamed French Beans & Tender Stem Broccoli with Bearnaise Sauce (GFA) - €4.00

Sea Salt French Fries (GFA) - €4.00

Creamy Mashed Potatoes (GFA) - €4.00

Buttermilk Onion Rings - €4.00

Sweet potato Chips with Chipotle Sauce (GFA) - €4.50

Mixed Quinoa, Avacado, Olive Oil & Salt - €5.00

STEAK



All our Steaks are 100% Irish Beef from Irish Farms, Dry Aged to Perfection in house

10oz Rib Eye Steak - €29.50
Dry aged for 32 days

9oz Sirloin Steak - €30.50
Dry aged for 28 days

8oz Fillet Steak - €34.00
Dry aged for 21 days

All our Steaks are served with Tender Stem Broccoli with Bearnaise Sauce, Buttermilk Onion Rings and Pepper Sauce with a choice of French Fries, Creamy Mashed Potatoes or Mixed Leaf Salad

Garlic Butter, Red Wine Jus or Bearnaise Sauce available on request

MAIN COURSES

PAN FRIED SEA BASS FILLET - €23.50

With a medley of Sauteed Peppers, Leeks and Chickpeas, finished with Red Pepper Coulis. Served with Fondant Potato and Baby Carrot

JAMIE'S OYSTERHAVEN MUSSELS & FRITES (GFA) - €18.50

Cooked in a Shallot, White Wine & Cream Sauce served with French Fries and Garlic Crostini's

PAN ROASTED COD- €24.00

Wrapped in Parma Ham with Mint Pea Purée, Cherry Vine Tomatoes Sea Asparagus & Fondant Potato

CHARGRILLED IRISH CHICKEN BREAST (GFA) - €17.90

Served with Creamy Mushrooms, Roasted Rosemary Baby Potatoes and topped with Rocket Leaves

DUCK LEG CONFIT - €18.00

Serve with Rosemary Baby Potatoes, Chorizo, Spring Onions and Pak Choi. Finished with Red Onion Marmalade and Asian Sauce



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DESSERTS

CLASSIC CREME BRULEE - €7.00

With a homemade Shortbread Biscuit

STICKY TOFFEE PUDDING - €7.50

With Salted Caramel Sauce and Vanilla Bean Ice Cream

HOMEMADE CHEESECAKE - €7.50

With quenelle of Fruit flavored Cream, Shortbread Crumble and Sauces.

Ask your server for today's special

WARM APPLE SUNDAE - €8.00

With Caramel and Vanilla Bean Ice cream, Hot Butterscotch Sauce, Apple & Cinnamon Compote, Sticky Toffee Cake Pieces and Whipped Vanilla Cream. Finished with Praline and Fudge pieces

IRISH CHEESE BOARD - €13.50

Crozier Blue (semi-soft from Beachmount Co. Tipperary), Durrus Farmhouse (semi-soft from Coomkeen, West Cork), Knockanore Oak Smoked Cheddar (hard from Ballyneety, Waterford) Grape & Apple Chutney, Salt & Pepper Celery Ribbons and Artisan Savoury Biscuits

Local Craft Brewery Tasting Board - €9.50

This Months craft beers are,

Black Cherry Soda Kush Porter | Solero passion Fruit Sour

The Worlds End Imperial Stout | Night and Day Ultra Session

TEA & COFFEE

Americano

Regular

€2.80

Cappuccino

€3.20

White Coffee

€3.00

Caffe Latte

€3.20

Mocha

€3.20

Espresso

€2.70

Double Espresso

€2.90

Tea

€2.50

Herbal tea

€3.10

Hot Chocolate

€3.50

Macchiato

€3.00

LIQUEUR COFFEE

West Cork Irish Coffee

€7.00

Jameson Irish Coffee

€7.00

Calypso Coffee

€7.00

Baileys Coffee

€7.00

French Coffee

€7.00

Espresso Martini

€10.50

French Martini

€10.50



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

(GFA) Gluten Free Option Available | Please be aware our kitchen contains Nuts, Gluten & Dairy
Please ask your server for our list of allergens