



WOODLANDS RESTAURANT

Lunch Menu

Gourmet Sandwiches

Dressed Tuna & Avocado

Pickled Red Onion, Toasted Sourdough
Bread

(Wheat, Eggs, Nuts, Mustard, Sulphites,
Dairy, Sesame, Fish)

€10.50

Baked Ham, Tomato & Mature Cheddar

Coleslaw, Multi Seed Brown Bap

(Wheat, Eggs, Nuts, Mustard, Dairy, Sesame
Seeds)

€9.95

Chicken Tikka & Red Onion Wrap

Julienne Greens, Cucumber Yoghurt

(Wheat, Eggs, Nuts, Mustard, Dairy, Sesame
Seeds)

€10.95

Chargrilled Haloumi Cheese,

Avocado, Sundried Tomato,

Basil Pesto

Dressed Aubergine & Pomegranate Salad,
Sourdough Bread

(Wheat, Eggs, Nuts, Mustard, Dairy, Sesame
Seeds)

€12.50

Soup and Salads

Wholesome Soup of The Day

Homemade Irish Brown Soda Bread
(Wheat, Eggs, Nuts, Mustard, Dairy,
Sesame Seeds)

€7.95

Baily & Kish (Howth Co Dublin) Oak
Smoked Salmon

Pickled Cucumber, Capers, Pickled Onion,
Brown Bread

(Wheat, Eggs, Nuts, Mustard, Fish, Dairy,
Sesame Seeds)

€14.50

Buddha Bowl

Beetroot, Avocado, Tomatoes, Pickled Red
Cabbage, Olives, House Dressing

(Wheat, Eggs, Nuts, Mustard, Dairy,
Sesame Seeds)

€13.00

Vegan Mezze Platter

Cabbage & Onion Bhaji, Falafel,
Crudités, Olives, Hummus, Green Salad
(Wheat, Nuts, Mustard, Sesame Seeds)

Small €14.50

Large €17.95





MAIN COURSES

Slow Cooked Roast of The Day

Creamed Potatoes, Mélange of Vegetable,
Roast Gravy

(Wheat, Eggs, Nuts, Mustard, Dairy, Sesame
Seeds)

€19.95 (Half Portion- €15.50)

Chargrilled Irish Beef Burger

Garlic Mayo

Brioche Bap, French Fries

(Wheat, Egg, Milk, Nuts, Mustard, Sesame
Seeds)

€17.50

Chef Amran's Sweet Chili Chicken

Steamed Rice, Prawn Crackers

(Dairy, Mustard, Soy, Wheat, Shellfish,
Sesame Seeds)

€17.75

Wild Mushroom Risotto

Tossed Side Salad, Parmesan Cheese

(Milk, Nuts, Mustard, Sesame Seeds)

€17.25

Roast Turkey & Baked Irish Ham

Onion Stuffing, Pan Jus

(Wheat, Nuts, Mustard, Dairy, Mustard,
Sesame Seeds)

€18.95

Vegetable Ratatouille & Feta Cheese Tart

Tossed Side Salad, French Fries

(Wheat, Egg, Milk, Nuts, Mustard, Sesame
Seeds)

€17.50

Traditional Beer Battered Fish & Chips

Pea Puree, Coleslaw

(Fish, Mustard, Sesame Seeds)

€18.95

Sides

French Fries

€5.25

Melange of Seasonal Vegetables

€5.25

Herb Crusted Grilled Fillet of Hake

Creamed Potatoes, Tenderstem Broccoli

Beetroot Tapenade

(Dairy, Mustard, Sesame Seeds, Fish,
Shellfish)

€18.50

Tossed Greens Salad with Pickled Beets

€5.25

Sprouting Broccoli & Toasted Almonds

€5.25



Desserts

€9.50

Homemade Apple & Cinnamon Crumble
Vanilla Ice Cream
(Contains Gluten, Nuts, Egg, Dairy)

Mango & Passion Fruit Cheesecake
Fresh Berries
(Contains Gluten, Nuts, Egg, Dairy)

Fresh Fruit Meringue Nest
Fruit Coulis
(Contains Gluten, Nuts, Egg, Dairy)

Callebaut Dark Chocolate Brownie
Chocolate Sauce
(Contains Gluten, Nuts, Egg, Dairy)

