

## Starters

### Gulfstream Tapas

Our Homemade Pâté, Smoked Organic Beef,  
Ummera Smoked Salmon, Gravadlax and Chicken,  
Prosciutto Ham,  
Rosscarbery Rocket and  
Hegarty's Cheddar with Sun-dried Tomatoes,  
Olives and a Tomato Relish  
€12.95

### Freshly made Soup of the Day

Homemade with Local Ingredients and served with a  
Selection of Homemade Soda Breads (v) (h)  
€6.95

### West Cork Seafood Chowder

Chunky Pieces of Fresh Atlantic Salmon, Local White  
Pollock, Warm Water Prawns and Bantry Bay Mussels  
cooked in a White Wine, Cream and Saffron Sauce and  
served with a Selection of Homemade Soda Breads  
€9.95

### Organic Rocket Salad

Locally Grown Organic Rocket with Shaved Shallots,  
Hegarty's Cheddar and a Balsamic Reduction (v) (h) (c)  
€8.95

### Smoked Organic Irish Salmon

From the Ummera Smokehouse Timoleague  
with Fresh Horseradish Cream,  
Lemon and a Selection of Homemade Soda Bread (h)  
€12.95

### Homemade Skeaghmore Duck Liver Pâté

with a Spiced Tomato Relish, Oven-dried Tomato Salad and  
a Selection of Homemade Soda Breads  
€9.50

### West Cork Mussels

West Cork Mussels with Shallots, White Wine and Parsley  
in a Cream Sauce and served with lemon and a selection of  
Homemade Soda Bread  
€9.95

### Trio of Melon

Galia, Cantaloupe and Watermelon with Seasonal Berries,  
Organic Leaves, Candied Walnuts  
and a Fresh Fruit Coulis (v) (c) (h)  
€9.95

## Main Courses

### Union Hall Monkfish Goujons

Crisp Fried Locally Caught Monkfish Goujons,  
Served with a Homemade Tartar Sauce, Hand Cut Chips  
and Organic Leaves  
€18.95

### Thai Green Black Tiger Prawn Curry

Very Mild Thai Green Curry flavoured with Lime Leaves  
served with Crunchy Green Beans,, Button Mushrooms  
and Cardamom scented Basmati Rice (c)  
€18.95

### Baked Cashel Blue Cheese Tartlets

Filled with Wild Mushrooms, Homemade Red Onion  
Marmalade and topped with Cashel Blue Cheese,  
Green Apple, Walnuts and Organic Leaf Salad (v) (h)  
€14.95

### Wild Atlantic Way

Castletownbere Monkfish, Hake, Scallop and Salmon  
with a Creamy Potato Puree, Samphire, Mussels,  
Dill and Lemon Cream Sauce (c) (h)  
€16.95

### Castletownbere Crab

Dressed Castletownbere Crabmeat with  
Organic Leaves, Lemon and Mayonnaise on  
our Homemade Brown Soda Bread  
€12.95

### Fresh Tagliatelle

Fresh Egg Tagliatelle with Sundried Tomatoes,  
Organic Rocket, Wild Mushrooms  
and a Pesto Cream Sauce (v) (h)  
€14.95

### Marinated Chicken Tortilla

Breast of Local Chicken  
Marinated in Yoghurt and Paprika  
Served with crisp Iceberg Lettuce, Red Peppers and a  
Toasted Flour Tortilla with Harissa and  
a spiced Tomato Salsa (h)  
€15.95

### West Cork Mussels

West Cork Mussels with Shallots, White Wine and  
Parsley in a Cream Sauce and served with lemon and a  
selection of Homemade Soda Bread  
€15.95

### Prosciutto Ham and Cashel Blue Cheese

Prosciutto Ham & Cashel Blue Cheese Salad with Organic  
Leaves and a Port Wine Reduction (c)  
€14.95

### Char-grilled Fillet Steak Sandwich

Medallions of Fillet Beef served in an Onion Roll  
with a Homemade Red Onion Marmalade,  
Cashel Blue Cheese and Handcut Potato Chips  
€19.95

## Open Sandwiches

*Served on Homemade Brown Soda Bread*

<i>Shannonvale Chicken &amp; Grain Mustard Mayonnaise</i>	€11.95
<i>Roast Sirloin of Beef with Horseradish &amp; Oven Dried Tomatoes</i>	€11.95
<i>Timoleague Ham with Mayonnaise &amp; Spring Onion</i>	€11.95
<i>Smoked Organic Salmon, Crème Fraiche, Cucumber &amp; Spring Onion</i>	€12.95
<i>Coolea Cheese, Shaved Shallots and a Spiced Tomato Relish (v)</i>	€11.95

*All of the above Sandwiches are available as Closed Sandwiches on White or Brown Irish Pride Bread and can be made on gluten free Bread on request €8.95*

## Freshly Baked and Handmade Desserts

### Homemade Scones

*Orange, Cinnamon and Raisin Fruit Scones Served with Vanilla Cream and Homemade Jam*  
€4.95

### Baked Alaska

*Valley View Free Range Egg Meringue, with Salted Caramel Ice Cream and a Dark Chocolate Sauce*  
€8.95

### Afternoon Tea Cake

*Slices of Homemade Afternoon Tea Cake served with Seasonal Berries (h)*  
€3.95

### Homemade Ice Cream

*Selection of Homemade Ice Creams or Sorbets with Fresh Seasonal Berries and a Fruit Essence*  
€6.95

### Homemade Tiramisu

*Layers of Sponge Soaked in Coffee and Black Rum with a Chocolate Ganache and Italian Mascarpone Mousse*  
€8.95

### Selection of Local Cheese

*Irish Farm House Cheeses, Plum and Sultana Chutney, Dried Apricots, Crushed Walnuts, Fresh Fruit and Homemade Ciabata Croutes*  
€12.95

## Full Afternoon Tea

*Served From 3pm to 6pm*

### Handmade Savouries

*Crisp fried Prawn wrapped in a Potato Shell  
Timoleague Ham, Rocket & Sundried Tomato Finger Sandwich  
Smoked Organic Salmon and Crème Fraiche on Homemade Brown Soda Bread  
Brioche Bun with Spinach and Wild Mushroom*

### Handmade Sweet Things

*Orange Scented Homemade Scone with Fresh Cream and Homemade Jam  
'Paris Brést' Hazelnut Mousse in a Choux Pastry Bun  
Home made Brazil Nut and Date Fruit Cake  
'Egg & Soldier'  
Oven-dried Meringue with Fresh Berries and Fruit Coulis  
Lodge and Spa Tiramisu*

*Served with*

*Barry's Gold Label Tea or Choose from Our Selection of Herbal Teas*  
€22.95

### **Day Spa Lunch Voucher**

*Choose from:-*

*Starter and Main Course or  
Main Course and Dessert  
or Soup, Sandwich and Dessert  
Includes Tea, Coffee or Mineral Water*

*(v) = Suitable for a Vegetarian diet (c) = Suitable for a Coeliac diet (h) = Suitable as a healthy option  
All of our Meat, Fish and Poultry are sourced locally on the Irish Market*

*All the above prices are inclusive of Value Added Tax at the current rate.*

***This Menu is Available from 11.00 am to 6.30 pm***