

STARTERS

SEA

Fred's Mediterranean Seafood Chowder €13.50

Creamy Tomato Based with Smoky Bacon, Safron, White wine, Potatoes, Mix Fish, Prawns & Mussels served with Stout Brown Bread (1, 2, 3, 5, 7, 8, 14) G.F. On Request

Steamed Glen Bay Mussels €14.50

In Garlic, White Wine and Cream Sauce, with Sourdough Bread (2, 7, 8)

Breaded Monkfish Scampi Starter €14.50 Main €28.50

On Ballycotton Smoked Salmon Potato Salad, Basil and Lime Mayonnaise (2, 4, 5, 7, 9, 14)

Pan Seared Scallops €16.50

On Warm Baby Potatoes, Gubbeen Chorizo and Pea Salad with Fred's Salsa (2, 8, 9) G.F. On Request

Thai Style Fish Cakes €13.95

Asian Salad, Wasabi Mayo (1,2,3,4,5,7,8,9,13,14)

Red Wild Atlantic Prawns €14.50

Cooked in Garlic Butter, Sweet Chilli, Lime, Coriander, served with Crusty Bread (2, 3, 7, 13) G.F. On Request

LAND

Homemade Chicken Liver Parfait €11.50

Red Onion Jam, Crusty Bread and Little Salad (2, 7) G.F. On Request

Warm Chicken & Chorizo Salad Starter €13.50 Main €22.95

Crispy Potatoes, Mixed Leaves, Pickled Cucumber, French Dressing (4,7,9,14)

Add Prawns €5.00

Chicken Wings €9.95

Marcus Homemade BBQ Sauce, Celery Sticks, Cashel Blue Cheese Dip (1, 2, 4, 7, 9) G.F. On Request

GARDEN

Crispy Goat Cheese Croquette €12.50

On a bed of Beetroot Tartare with Mango and Sweet Chilli Yoghurt (2, 7, 9)

Soup Of The Day €7.80

Served with Stout Brown Bread (1)

ALLERGENS

1. CELERY 2.CEREAL 3.CRUSTACEANS 4.EGGS 5.FISH 6.LUPIN 7.MILK 8.MOLLUSCS 9. MUSTARD 10. NUTS 11. PEANUTS 12. SESAME SEEDS
13. SOYA 14. SULPHUR DIOXIDE

Main Courses

SEA

Dill Beer-Battered Fish & Chips €19.50

Chunky Fresh Chips, Mushy Peas, Curry Sauce, Messy Tartare Sauce. (1, 2, 5, 7, 9, 12)

Cod Dog €19.50

Panko Breaded Crispy Cod Fingers, Brioche Bun, Lemon Coleslaw, Shredded Lettuce, Squeezed Cocktail Sauce, Crispy Capers and Sea Salt Shoestring Chips (2, 4, 5, 9, 14)

Baked Whole Sea Bass On The Bone €26.50

Olives, Capers, Sun Blushed Tomatoes, Anchovies, Garlic Butter and White Wine, served with Buttery Parsley Baby Potatoes (5, 7) 25 minute cooking time G.F.

Baked Hake Wrapped in Prosciutto Ham €24.50

on Creamy Peas and Shallots, Confit Duck Potato Croquette, Saffron Beurre Blanc (2, 4, 5, 7, 14)

Daily Catch Fish & Seafood Risotto €23.95

Shallots, White Wine, Baby Spinach, Cherry Sun Blushed Tomatoes, Lemon Zest, Grated Parmesan and Garlic Bread (1, 2, 3, 5, 7, 8) G.F. On Request

Steamed Glen Bay Mussels €23.50

In Garlic, White Wine and Cream Sauce, with Sourdough Bread and Chips (1, 2, 3, 5, 7, 8)

LAND

Wagyu Beef Burger €19.95

Vintage Cheddar Cheese, Baby Gem Gherkins, Marcus House Made Ketchup, Potato Bun and Sea Salt Shoestring Chips (2, 4, 7, 9) G.F. On Request

5 Hours Slow Braised Beef Cheeks Bourguignon €21.50

Creamy Buttery Mash, sautéed Wild Mushrooms, Wilted Spinach and Bourguignon Sauce (1, 7, 14)

Fresh Rigatoni Pasta With Chicken €21.00 Add Prawns €5.00

Chorizo, Baby Spinach, Cream, Parmesan and Garlic Bread. (2, 3, 4, 7)

Stuffed Chicken Supreme €23.50

With Parmesan & Cheddar Chorizo on a Pesto & Sun Blushed Tomato Mash, Apple & Bulmers Cider Sauce (1, 2, 4, 7, 14) 25 minute cooking time

GARDEN

Fresh Rigatoni Pasta €21.95

With Wild Mushrooms, Baby Spinach, Sun blushed Tomatoes, Cream, Parmesan and Garlic Bread (2, 3, 4, 7)

Sides €5.50

Creamy Mash Potatoes (7) / Roast Vegetables (7) / Parsley Butter New Potatoes (7) / Fresh Chunky Chips/ Garden Salad (9)

Dips & Sauces €1.80

Garlic Butter/Peppercorn Sauce/Tartar Sauce/Fred's Salsa/Homemade BBQ Sauce