



STARTERS

FROM THE SEA

FRED'S MEDITERRANEAN SEAFOOD CHOWDER €13.95

Creamy Tomato Based With Smoky Bacon, Saffron, White Wine, Potatoes, Mixed Fish, Prawns & Mussels
Served With Stout Brown Bread / G.F. Available On Request

STEAMED GLENBEIGH MUSSELS €14.50

Garlic, White Wine And Cream Sauce, With Sourdough Bread

BREADED MONKFISH SCAMPI starter €17.50

Ballycotton Smoked Salmon Potato Salad, Basil & Lime main €32.00
Mayonnaise



FROM THE GARDEN

TOASTED GOAT CHEESE ON STOUT BROWN BREAD €13.50

On A Bed Of Beetroot Tartare With Candied Walnuts, Mango & Sweet Chilli Yoghurt

SOUP OF THE DAY €7.80

Served With Stout Brown Bread

FROM THE LAND

HOMEMADE DUCK LIVER PARFAIT €13.95

Red Onion Jam, Crusty Bread And Little Salad
G.F. On Request

KOREAN BBQ SLOW COOKED PORK BELLY €15.95

Warm Egg Noodle Asian Salad, Yoghurt With Sweet Chilli And Lime Dressing

CHICKEN WINGS €10.95

Marcus' Homemade BBQ Sauce Or Spicy Butter Sauce, With Celery Sticks & Cashel Blue Cheese Dip
G.F. On Request

MAINS

FROM THE SEA

DILL BEER-BATTERED FISH & CHIPS €22.95

Chunky Fresh Chips, Pea And Mint Puree, Curry Sauce, Messy Tartare Sauce

PAN FRIED SEA BASS FILLETS €31.00

On Natural Smoked Haddock And Spinach Risotto, Lemon & Chive Beurre Blanc

BAKED HAKE WRAPPED IN PANCETTA €28.50

Buttered Savoy Cabbage, Duck Fat Fondant Potatoes, Marcus' Chicken Butter Sauce

STEAMED GLENBEIGH MUSSELS €23.50

In Garlic, White Wine And Cream Sauce, With Sourdough Bread And Chips

SEAFOOD LINGUINI €29.50

Salmon, Prawns, Smoked Haddock, Chorizo, Sun Blush Tomatoes, Rocket, Cream, Shaved Parmesan & Garlic Bread



FROM THE GARDEN

VEGAN VEGETABLE MASSAMAN CURRY €21.95

With Creamy Coconut Broth, Asian Vegetables, Coriander Basmati Rice, Finished With Peanuts & Lime

Add Prawns €5.00

VEGETARIAN WILD MUSHROOM LINGUINI €23.50

With Baby Spinach, Green Courgette Cream, Garlic Bread, Finished With Parmesan And Porcini Dust

FROM THE LAND

DOUBLE SMASH BEEF BURGER €21.95

Dubliner Cheese, Crispy Onions, Bacon And Onion Jam, Potato Bun, Mixed Leaves, Burger Sauce And J.J. Wall's Beef Dripping Chips
G.F. On Request

MARINATED 7OZ BEEF STEAK SANDWICH €26.00

Caramelised Onions, Wholegrain Mustard Mayo, J.J. Wall's Beef Dripping Chips And Side Salad

STEAK OF THE WEEK (MARKET PRICE)

Served With JJ Wall's Beef Dripping Chips, Mini Caesar Salad And Brandy Pepper Sauce

TRADITIONAL SLOW COOKED BEEF AND GUINNESS STEW €23.50

Potatoes, Carrots, Leeks, Celery And Garlic Bread

Ask your server about Today's Specials.

SIDES

SIDES €5.50

Mash Potatoes / J.J. Wall's Beef Dripping Chips / Garden Salad / Roasted Root Vegetables

DIPS & SAUCES €1.80

Garlic Butter / Garlic Mayo / Peppercorn Sauce / Tartar Sauce / Homemade BBQ Sauce

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SEA CHURCH

BRUNCH

SEA CHURCH

SEA CHURCH FULL IRISH €15.50

McCarthy Sausage, Black And White Pudding, Smoked Streaky Bacon, Tomatoes, Flat Mushrooms, Sautéed Potatoes, Sea Church Baked Beans, Fried Eggs And Toast.

SEA CHURCH MINI IRISH €13.50

McCarthy Sausage, Black And White Pudding, Smoked Streaky Bacon, Sautéed Potatoes, Fried Eggs And Toast.

EGGS BENEDICT €14.95

Savoury Muffin, Poached Eggs, Smoked Streaky Bacon And Hollandaise Sauce.

EGGS ROYALE €15.95

Savoury Muffin, Poached Eggs, Smoked Salmon And Hollandaise Sauce.

FISHCAKE BENEDICT €15.95

Homemade Fishcakes Topped With Poached Eggs And Hollandaise Sauce.

SMOKED SALMON BOXTY €14.95

Potato Boxty Pancake Topped With Smoked Salmon, Crème Fraîche And Dill.

COLCANNON HASH €12.50

Crispy Potato And Cabbage Hash With Poached Eggs And Hollandaise Sauce.

BLACK PUDDING AND POTATO HASH €13.95

Baby Spinach And Topped With A Fried Egg

SEA CHURCH VEGETARIAN OMELETTE €14.50

Wild Mushrooms, Herbs And Dubliner Cheese Omelette.

DOUBLE SMASH BEEF BURGER €21.95

Dubliner Cheese, Crispy Onions, Bacon And Onion Jam, Potato Bun, Mixed Leaves, Burger Sauce, JJ Wall's Beef Dripping Chips And Side Salad. G.F. On Request.

DILL BEER-BATTERED FISH AND CHIPS €22.95

Fresh Chunky Chips, Pea And Mint Puree, Curry Sauce And Messy Tartar Sauce.

SOUP €8.00

ADD SANDWICH €14.95

With Open Brown Sandwich (Choice Of Smoked Salmon Or Shrimp Marie Rose)

FRED'S MEDITERRANEAN CHOWDER €13.95

ADD SANDWICH €17.95

With Open Brown Sandwich (Choice of Smoked Salmon or Shrimp Marie Rose)

TOASTED GOAT'S CHEESE €13.50

On Stout Brown Bread, Beetroot Tartare, Candied Walnuts, Mango And Sweet Chilli Yoghurt.

DRINKS

	Glass	Bottle
Crémant	€12.50	€49.00
Mimosa	€11.95	
Orange Juice	€3.00	
Pineapple Juice	€3.00	
Apple Juice	€3.00	
Cranberry Juice	€3.00	
Pint Milk	€2.20	
Glass Milk	€1.80	
Guinness	€5.95	

COFFEES

Tea (Barry's)	€3.25
Special Tea (Fresh Mint, Green, & more!)	€3.35
Americano	€3.25
Cappuccino	€3.65
Latte	€3.65
Flat White	€3.55
Espresso	€2.90
Double Espresso	€3.10
Mocha	€3.75
Hot Chocolate	€3.35
Oat/ Soya Milk	€0.50 surcharge
Decaf available!	

SWEET TOOTH

APPLE AND BLACKBERRY CRUMBLE POT €7.95

With Custard Cream. G.F.

BAILEYS AFFOGATO €7.00

Vanilla Ice Cream With Espresso And Baileys. (Alcohol)

FRESH FRUIT SCONE €6.95

Served With Strawberry Jam And Clotted Cream.

BELGIAN WAFFLE €7.50

Served with Chantilly Cream and Chocolate Sauce

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DESSERTS

SEA CHURCH

Gluten Free Apple Crumble €9.50

Topped with Vanilla Ice Cream

Croissant & Chocolate Chip €9.50

Bread and Butter Pudding

Topped with Vanilla Ice Cream

Home Made Profiterole Filled with Vanilla Ice Cream €9.50

Topped with rich Chocolate Sauce

TEAS & COFFEES

Americano	€3.30	Tea	€3.00
Cappuccino	€3.65	Specialty Tea	€3.35
Mocha	€3.85	Hot Chocolate	€3.80
Latte	€3.65	Iced Latte	€3.65
Flat White	€3.65	Iced Mocha	€3.85
Espresso	€2.95	Iced Americano	€3.30
Double Espresso	€3.10	Calypso Coffee	€8.95
Baileys Coffee	€8.95	French Coffee	€8.95
Baileys Hot Chocolate	€8.95	Irish Coffee	€8.95
Oat / Soya Milk	€0.50	Caramel Syrup	€0.50
Vanilla Syrup	€0.50	Hazelnut Syrup	€0.50

DESSERT COCKTAILS

After 8 €8.95

Crème de Menthe, Crème de Cacao, Absolut Vanilla, Cream, Sugar Syrup

Toblerone €8.95

Baileys, Kahlua, Frangelico, Cream

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