

SALADS

IRISH BUFFALO MOZZARELLA (V) €17
Macroom mozzarella (pasteurised) | sundried tomato | olives | mixed leaves | balsamic glaze | sourdough
(vegetarian)
2 | 9 | 13

GLUTEN FREE MENU

AMBER LOUNGE LUNCH

served from 12.30pm until 5pm

STARTERS

SOUP OF THE DAY €8

Served with gluten free bread
1 | 2 | 12

FOTA ISLAND SEAFOOD BROTH €15

Fresh selection of seafood cooked in a shellfish broth |
gluten free bread
2 | 3 | 5 | 9 | 12

CHEF'S VEGAN PATE €12

Lentil and pistachio | carrot gel | mixed leaves | gluten
free bread (vegan)
8 | 10 (pistachio, walnut, hazelnuts, chestnuts) | 13

SMOKED SKEAGHANORE DUCK €14

Crispy duck leg | mixed leaves | orange segment |
kimchi | pickle | red onion
4 | 9 | 13

ORGANIC CAULIFLOWER CHEESE €13

Crisp cauliflower | Hegarty cheddar parfait |
cashew and smoked paprika romesco | rocket | balsamic
1 | 2 | 9 | 10 (cashew) | 13 (vegetarian)

ALGARVIAN STYLE SPICE GAMBAS €15

Coriander | gluten free bread
2 | 3 | 5 | 9

SANDWICHES

Add fries for €2

BREADED SESAME HAKE FINGERS €15

Gluten free bun | Thai slaw | tomato | baby gem | fish
caramel sauce
1 | 2 | 4 | 5 | 7 | 8

CHICKEN CAPRESE €14

Buffalo mozzarella | gluten free bread | sun dried tomato
tapenade | basil pesto | mixed leaves
1 | 2 | 13

REUBEN €15

Red ale corned beef | homemade sauerkraut | bloody mary
sauce | gruyère cheese | gluten free bread
2 | 9 | 13

GRILLED MACKEREL €15

Gluten free bread | tomato | watercress | dill aioli |
pickled onions
2 | 4 | 5 | 10 | 13

**BALLYCOTTON SMOKED SALMON
& GLUTEN FREE BREAD** €15

Gluten free bread | beetroot | orange and chive cream
cheese
1 | 2 | 5

SHARING PLATTERS

For two persons sharing

FOTA ISLAND SEAFOOD PLATTER €49
Ballycotton smoked salmon | Rossmore oysters and passion fruit | chimichurri prawns | curried mussels | monkfish scampi | lemon gel | gluten free bread | seaweed and ginger salad | butter
1 | 2 | 3 | 4 | 5 | 13

ITALIAN ANTIPASTI PLATTER €37
Coppa | prosciutto ham | ventricina salami | mixed olives | Italian grilled vegetables | gluten free bread | 20 year old balsamic | extra virgin olive oil
9

AMBER CLASSIC

250g PICANHA STEAK €29
Cut from the top part of the rump with a rich cap of fat
Chef's recommendation: medium rare to medium
Served with hand cut chips | chimichurri or pepper sauce
2 | 9 | 12

CHAR-GRILLED BEEF BURGER €23
Gluten free bun | dry aged beef | Hegarty's cheese | tomato | bacon jam | ranch dressing | hand cut fries | iceberg
1 | 2 | 9 | 12 | 13

CHAR-GRILLED PERI PERI CHICKEN BURGER €21
Gluten free bun | chargrilled chicken | house peri peri sauce | tomato | cheddar cheese | gubbeen chorizo | hand cut fries
1 | 2 | 9 | 13

AUTHENTIC CHICKEN TIKKA MASALA €23
Mild marinated, grilled free range chicken | fragrant rice | mango chilli jam
2 | 9 | 12

CRISP BATTERED HADDOCK €23
Pea purée | lemon gel | beetroot | chips | tartare sauce
1 | 3 (trace) | 5 | 9 | 13

BAKED FILLET OF COD €29
Creamed leeks | sweet potato fondant
2 | 5 | 9

SIDE DISHES €5

Hand cut fries 9 (**Vegan**)
Mashed potato 2 | 9
Garden salad 9 (**Vegan**)
Seasonal vegetables 2
Baby potatoes 2
Sweet potato fries (**Vegan**)
Green beans 2
Caramelised onions 2 | 9
Marsala mushrooms 2 | 9

Truffle & Parmesan chips €7 1 | 2 | 9

VEGETARIAN & VEGAN ALTERNATIVE

QUINOA AND SWEET POTATO CHILLI €22
Organic beans | avocado
10 (almond) | 12 (**vegan**)

TOFU TIKKA MASALA €21
Authentic recipe | coriander | steamed fragrant rice | mango chilli jam
2 | 8 | 9 | 12 (**vegetarian**)

CHEF'S MEJADRA (V) €23
Middle East spiced beluga lentils and pilaf red rice | carrot, yoghurt and coriander sauce | Toonsbridge halloumi | fried onions | sumac
2 | 12 | 13 (**vegetarian**)

FALAFEL BURGER €20
Gluten free bun | guacamole | sweet potato fries | tomato | baby gem
2 | 7 (sesame) | 9 | 10 (walnut) | 13

DESSERT MENU

APPLE CRUMBLE €8.50
gluten free tart shell | apple compote | coconut crumble | sweet pastry | vanilla ice-cream
1 | 2 | 8 (vegetarian)

BAKED CUSTARD TARTLET €9.50
jubilé cherries | pistachio ice cream
1 | 2 | 8 | 10 (pistachio) (vegetarian)

WHITE CHOCOLATE CHEESECAKE €9.50
summer berries | chocolate soil (not suitable for vegetarian)
2 | 8

TROPICAL VERRINE €9.50
coconut panna cotta | mango jelly | mango & strawberry | orange polenta cake (vegan)

ICE-CREAM SELECTION €9.50
selection of house ice-creams | seasonal fruit | brandy snap (vanilla, chocolate, strawberry) (vegetarian) (selection of sorbet for vegan)
1 | 2

