

Welcome to The Amber Lounge
Sunday Lunch
served from 12.30pm-5pm

At Fota Island Resort we use the best of locally sourced products & wholesome natural ingredients.

If you suffer from, or have the potential to suffer from allergies, even though the allergens are listed on the menus please contact one of our staff and inform us of your dietary requirements.

1 Eggs | 2 Milk | 3 Shellfish | 4 Molluscs |
5 Fish | 6 Peanuts | 7 Sesame | 8 Soya |
9 Sulphites | 10 Nuts | 11 Gluten | 12 Celery |
13 Mustard | 14 Lupin | (V) Vegetarian

STARTERS

AMBER SOUP OF THE DAY.....€7.00

freshly baked breads

1 | 2 | 11 (wheat, oat, bread only) | 12 (V)

CHEDDAR CHEESE SOUP.....€8.50

murphy red ale | lightly spiced cream | garlic croutons

2 | 5 | 9 | 11 (wheat, barley, hops) | 12

SPICED CHARGRILLED CARROTS...€9.50

carrot dressing | pomegranate | hazelnut smoked tofu | jerusalem artichoke crisp

10 (hazelnut) | 8 (vegan)

IRISH BUFFALO

MOZZARELLA.....€10.50

macroom mozzarella | sundried tomato | olives | mixed leaves | balsamic glaze | sourdough croutons (pasteurised cheese)

2 | 9 | 10 (almonds, walnut) | 11 (wheat) | 13 (V)

GUBBEEN CHORIZO CAESAR

SALAD.....€9.50

garlic croutons | hegarty cheese

1 | 2 | 9 | 10 (walnuts) | 11 (wheat) | 13

add smoked chicken..... €3.00

ARDSALLAGH GOAT'S

CHEESE TARTLET.....€9.50

beetroot | hazelnut | organic leaves | balsamic (pasteurised cheese)

1 | 2 | 9 | 10 (walnuts, hazelnuts) | 11 (wheat) | 13 (V)

WARM McCARTHY BLACK

PUDDING.....€9.50

mango | cranberry | organic leaves | house dressing

1 | 2 | 9 | 10 (walnuts) | 11 | 13

CONNEMARA AIR DRIED

HAM.....€9.50

rocket | semi dried tomatoes | hazelnut | balsamic

9 | 10 (hazelnuts) | 12

TASTE FROM OUR ARTISANS

All dishes are freshly cooked with locally sourced ingredients. Please note that some of our dishes may nuts and that we do not knowingly use genetically modified food products.

Items marked by a number contain one or more of the following

- 1 Eggs | 2 Milk | 3 Shellfish | 4 Molluscs |
- 5 Fish | 6 Peanuts | 7 Sesame | 8 Soya |
- 9 Sulphites | 10 Nuts | 11 Gluten | 12 Celery |
- 13 Mustard | 14 Lupin | (V) Vegetarian

SLOW ROAST STRIPLION OF

BEEF.....€22.50

mashed potato | seasonal vegetables | roast gravy
2 | 9 | 12

ROAST IRISH RUMP OF

LAMB.....€22.50

mashed potato | seasonal vegetables | roast gravy
2 | 9 | 12

CORNFED CHICKEN POT

ROAST.....€24.50

pomme dauphine | squash | wild mushroom sauce
| chestnuts
1 | 2 | 9 | 10 (chestnuts) | 11 (wheat) | 12

FILLET OF COD.....€24.50

buttermilk whipped potatoes | green cabbage |
mussels | leek | bacon | white wine sauce
2 | 3 | 5 | 9 | 12

SIDES.....€3.50 each

hand cut fries 9

mashed potato 2 | 9

garden salad 9 | 10 (walnuts)

seasonal vegetables 2

baby potatoes 2

sweet potato fries

caramelised onions & marsala mushrooms 2 | 9

AMBER CLASSICS

BRESNAN'S DRY AGED BEEF

BURGER.....€19.50

cheddar | pickled onion | crispy bacon | brioche |
ranch dressing | hand cut fries
1 | 2 | 8 | 9 | 11 (wheat) | 13

BUTTERMILK CHICKEN BURGER.....

€18.50

guacamole | baby gem | pickled
onions |
toasted soft bun | sweet potato fries
2 | 9 | 11 (wheat) | 13

FISH & CHIPS.....€18.50

battered fillet of haddock | tartar sauce |
hand cut fries
1 | 2 | 5 | 8 | 9 | 10 (walnuts) | 11 (wheat) | 13

CHILLI & SEAFOOD

SPAGHETTI.....€22.50

organic spaghetti | chilli & garlic tomato sauce |
prawns | mussels | grilled sourdough
1 | 3 | 4 | 11 (wheat)

SANDWICHES.....€12.50

with fries.....€14.50

OPEN SMOKED CHICKEN & CHORIZO

gubbeen chorizo | sundried tomato tapenade | toasted
sourdough brioche | organic leaves | parmesan
1 | 2 | 8 | 9 | 10 (walnuts) | 11 (wheat) | 13

SMOKED SALMON BAGEL

lemon & chive cream cheese | organic leaves
2 | 5 | 9 | 10 (walnuts) | 11 (wheat) | 13

OPEN CRISP FALAFELS & KHOBEZ

avocado guacamole | balsamic dressed rocket | tomato |
beetroot & orange salad
9 | 10 (walnuts) | 11 wheat | 13 (vegan)

PRAWNS ON BROWN BREAD

housemade brown bread | citrus prawns |
patis marie rose | crisp onions | organic leaves
1 | 3 | 5 | 9 | 10 (walnuts) | 11 (wheat, oats) | 13

HAM & CHEESE CROQUE MONSIEUR

sourdough | artisan baked ham | hegarty cheese |
béchamel sauce | mustard | mixed leaves
9 | 10 (walnuts) | 11 (wheat) | 13

SANDWICHES

ARTISAN PIZZA

ARTISAN PIZZA 12".....€17.50

TOONSBRIDGE MOZZARELLA

MARGHARITA

sourdough base | tomato & oregano sauce | basil

PERI PERI BBQ CHICKEN

sourdough base | bbq sauce | balsamic onions | mozzarella cheese

CONNEMARA HAM

& ARDSALLAGH GOAT CHEESE

sourdough base | tomato & oregano sauce | mozzarella cheese | balsamic

GUBBEEN CHEESE & BACON BIANCA

sourdough base | crème fraiche | gubbeen cheese | white onions

GUBBEEN CHORIZO & MOZZARELLA

sourdough base | tomato & oregano sauce

ALL PIZZAS LISTED CONTAIN:

2 | 9 | 10 (walnuts) | 11 (wheat) | 12

VEGAN PIZZA

sourdough base | tomato & oregano sauce | vegan cheese | sundried tomato | balsamic onions
rocket

8 | 9 | 10 | (walnuts) | 11 (wheat) | 12 (vegan)

APPLE CRUMBLE.....€8.50

apple compôte | crumble topping | vanilla ice-cream | creme anglaise

1 | 2 | 10 (hazelnuts) | 11 (wheat)

STICKY TOFFEE PUDDING.....€8.50

steamed date pudding | caramel sauce | salted caramel ice-cream

1 | 2 | 10 (hazelnuts) | 11 (wheat)

ICE-CREAM SELECTION.....€8.50

selection of house ice-cream | seasonal poached fruit | meringue

1 | 2 | 10 (hazelnuts)

WARM CHOCOLATE FONDANT...€9.50

chocolate sauce | hazelnut ice-cream

1 | 2 | 8 | 10 (hazelnuts) | 11 (wheat)

MANGO AND WHITE

CHOCOLATE CHEESECAKE.....€8.50

white chocolate cheesecake | tropical sorbet

1 | 2 | 10 (hazelnuts) | 11 (wheat, oats)

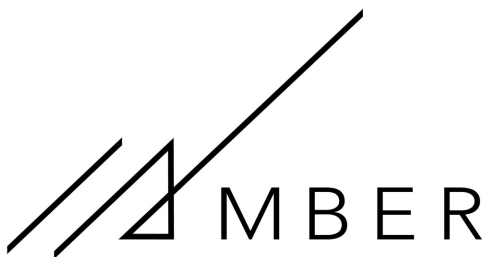
CHEESE SELECTION.....€12.50

irish cheese selection | sheridan crackers |

ballymaloe relish | irish organic honey

1 | 2 | 11 (wheat, oats, sesame seeds)

CLASSIC DESSERTS



Drinks menu



Wine menu

A NOTE TO OUR GUESTS:

Thank you for dining with us today, we hope you enjoyed your meal. We are currently following the Government Guidelines regarding maintaining a safe dining experience for each guest. For more information regarding our guest safety procedures, please see our website www.fotaisland.ie or a member of our team would be happy to advise. We ask at this time to please remember social distancing and upon completion of your meal, please request your bill at your table. To ensure guest safety, we are currently implementing table service only.



Sustainability is of the utmost importance at Fota Island Resort. All our current menus are single use per guest and will be recycled once used.