



## TO START

<b>Bread basket</b> butter and hummus Ce   G   M   N   Pe   Se   SO <sub>2</sub>	286kcal	<b>5.50</b>
<b>Today's freshly made soup</b> (Please ask your server for today's special) served with homemade fennel seed brown, sourdough or coeliac bread M   V   Ve   Gf	120kcal	<b>8.00</b>
<b>Seared Scallops</b> coconut chilli, peas pea puree and fried mint Cr   F   Ms   N   PE   Se	351kcal	<b>14.00</b>
<b>Crab claws and tiger prawns</b> Gochujang chilli oil and sourdough bread Cr   F   G   SO <sub>2</sub>	339kcal	<b>14.00</b>
<b>Zaalouk</b> smoked aubergine, tomatoes salsa, grilled halloumi cheese, pitta bread G   M   SY   V	593kcal	<b>10.00</b>
<b>Sauteed wild mushrooms</b> on ras el hanut hummus, parsley, pine nuts & lemon dressing, toasted pita bread Ce   Eg   G   M   N   PE   Se   Sy   SO <sub>2</sub>   V   Ve	265kcal	<b>10.00</b>
<b>Sticky OR Sesame glazed chicken wings</b> Bay barbecue sauce and Cashel blue cheese dip Ce   Eg   M	<b>small</b> 417kcal <b>large</b> 767kcal	<b>11.00</b> <b>19.00</b>
<b>Pistachio and orange duck liver pate</b> rhubarb and cranberries chutney served with homemade fennel seed brown, sourdough or coeliac bread Eg   G   M   N   Sy   SO <sub>2</sub>	317kcal	<b>11.00</b>

## SALADS

### Superfood salad

baby leaves, cucumber, quinoa, grilled corn, avocado, mixed nuts, cherry tomatoes, red onion & bay dressing

<b>SESAME CHICKEN</b> G   Mu   Se   SO <sub>2</sub>	573kcal	<b>18.00</b>
<b>GRILLED HALLOUMI</b> G   M   Mu   SO <sub>2</sub>   V	719kcal	<b>18.00</b>
<b>TIGER PRAWNS</b> Cr   G   Mu   SO <sub>2</sub>	615kcal	<b>20.00</b>

## PASTA & RICE

<b>Chicken and tiger prawns Arrabbiata linguine</b> regular or coeliac linguine pasta with spicy Arrabbiata sauce, baby spinach, sprinkled with parmesan (penne pasta available upon request) Cr   Eg   G   M   Mu   SO <sub>2</sub>	585kcal	<b>20.00</b>
<b>Chicken bang bang</b> sauteed oriental vegetable in a light coconut & lemon grass curry sauce served with brown rice Mu   N   PE   Se   Sy   Gf	751kcal	<b>20.00</b>
<b>Vegetable bang bang</b> sauteed oriental vegetable mix in a light coconut & lemon grass curry sauce served with brown rice Mu   N   Se   Sy   V   Ve   Gf	407kcal	<b>18.00</b>

## SEAFOOD

<b>Fish and chips</b> tempura haddock fillet with tartar sauce and regular chips Eg   F   Gf   M	759kcal	<b>18.00</b>
<b>Baked haddock fillet</b> sauteed baby spinach, green beans and semi sun dried tomatoes F   M	391kcal	<b>21.00</b>
<b>Tiger prawn bang bang</b> sauteed oriental vegetables in a light coconut and lemongrass curry sauce, served with brown rice Cr   F   Mu   N   Se   Sy   Gf	751kcal	<b>22.00</b>

## CALORIE LEGEND



## ALLERGEN SYMBOLS

Ce   CONTAINS CELERY	Mu   CONTAINS MUSTARD
Cr   CONTAINS CRUSTACEANS	N   CONTAINS NUTS (INCL. PEANUTS)
Eg   CONTAINS EGG	Pe   CONTAINS PEANUTS
F   CONTAINS FISH	Se   CONTAINS SESAME
G   CEREALS CONT. GLUTEN	Sy   CONTAINS SOYA
Lu   CONTAINS LUPIN	SO <sub>2</sub>   CONTAINS SULPHUR DIOXIDE
M   CONTAINS MILK	W   CONTAINS WHEAT
Ms   CONTAINS MOLLUSCS	

## LIFESTYLE SYMBOLS

C   COELIAC FRIENDLY	Na   LOW SODIUM
DF   DAIRY FREE	RW   RED WINE
EgF   EGG FREE	S   LOW SUGAR
GF   GLUTEN FREE	V   VEGETARIAN
HF   SOURCE OF FIBRE	Ve   VEGAN
LF   LOW FAT	WF   WHEAT FREE
LSF   LOW SATURATED FAT	WW   WHITE WINE
LS   LOW SALT	

Nutrient values are estimated only. It is recommended that children consume 1800 calories, women 2000 calories and men 2500 calories per day.

MUNCH

DINNER

6

5

4

3

2

1

## BURGERS

**8oz Beef burger and chips** 882kcal **19.00**  
100% Irish beef with bacon, melted cheddar,  
fennel slaw, BBQ sauce, sourdough sesame bun,  
garlic mayo & Bay chips  
Eg | G | M | Mu | Sy | SO2

**Cajun chicken** 434kcal **18.00**  
chargrilled chicken fillet, caramelised onion, brie cheese,  
harissa oil, chilli, sourdough sesame bun  
Ce | Eg | G | M | Mu | Se | Sy | SO2

**Falafel and halloumi burger** 895kcal **16.00**  
Hummus, wild mushrooms, rhubarb and  
cranberry chutney, grilled halloumi, sesame sourdough bun  
served with batata harra and mixed leaves on the side  
G | M | Se | W | V

## STEAK

**10oz Black Angus striploin Irish steak** 499kcal **32.00**  
chargrilled, served with your choice of side dish  
& brandy black pepper sauce  
(Our signature Cowboy rub optional, please ask your server)  
M | SO2

## TO ACCOMPANY

**Sweet potato chips** 216kcal **5.50**  
Sy | V | Ve | Gf

**Sauteed baby spinach, green beans,  
sun dried tomatoes** 189kcal **6.50**  
M | V | Gf

**Bay house salad with baby leaves,  
cucumber, red onion, cherry tomatoes** 46kcal **4.50**  
Mu | V | Ve | Gf

**Sauteed green beans in garlic butter** 221kcal **5.50**  
M | V | Gf

**Bay double cooked chips** 227kcal **4.50**  
G | Sy | V | Gf

**Stir fried vegetables with Teriyaki sauce** 76kcal **5.50**  
V | Ve | Gf

**Batata harra with Bay harissa paste** 208kcal **5.50**  
M | C | EgF | Gf | S | V | WF

**Quinoa with cardamon and Madjoul dates** 130kcal **4.50**  
SO2 | Gf

## TO FINISH

**Crème brûlée** 370kcal **8.50**  
with vanilla ice cream  
Eg | M | V | Gf

**Rhubarb & strawberry crumble** 317kcal **8.50**  
with vanilla ice cream  
Eg | G | M | N | Se | V

**Almond & hazelnut chocolate  
mousse brownie** 575kcal **8.50**  
with vanilla ice cream covered with  
a hot chocolate sauce  
Eg | M | N | V | Gf

**Bay's Eton mess** 241kcal **8.50**  
with mixed fresh berries, whipped cream  
and mixed berry compote  
Eg | M | V | Gf

**Irish artisan passion fruit sorbet** 181kcal **8.50**  
with fresh mixed berries and compote  
C | V | Ve | Gf

**Irish artisan ice creams** 401kcal **8.50**  
Eg | M | V | Gf

## SPARKLING COCKTAILS 10.50

**FISHBONE 75**  
Beefeater gin, raspberry puree, Prosecco

**GARDEN**  
Grey goose, la poire, Prosecco

**ORCHARD**  
Orange juice, peach schnapps, Prosecco

**ELDERBERRY**  
Elderflower cordial, cranberry juice, Prosecco

**APEROL ROYAL**  
Aperol, pineapple juice, Prosecco

**APEROL SPRITZ**  
Aperol, sparkling water, Prosecco

## DESSERT COCKTAIL 13.50

**CLONTARF DREAM**  
Vodka, Baileys, vanilla syrup, Guinness,  
shot of espresso