

# LUNCHMENU

## Starters

|  |       |
|--|-------|
| <b>Soup of the Day</b>   | €5.50 |
| Freshly prepared everyday (ask server) served with homemade brown bread (CY, SUL)  |       |
| <b>The Cabin Seafood Chowder</b>   | €8.00 |
| Fresh Atlantic seafood selection of salmon, cod and smoked haddock served with homemade soda bread (G,F,M,CY,SUL)  |       |
| <b>Spicy Cabin Wings</b>   | €9.00 |
| Oven baked sticky BBQ wings served with celery sticks and blue cheese dip (G,SUL)  |       |
| <b>Spicy Calamari</b>  | €8.00 |
| Crispy calamari rings served on a bed of mixed leaves with a dill and lemon aioli (G,E,M,MS)   |       |
| <b>Caesar Salad</b>  | €8.00 |
| Baby gem lettuce with herb croutons, egg and shredded parmesan cheese (G,E,F,M,SUL)<br>NOTE: Ceasar Salad contains Ceasan dressing                                       |       |
| <b>Warm Chicken and Bacon Salad</b>  | €9.00 |
| Pan fried chicken pieces with smoked bacon in garlic butter with rustic potatoes in a dressed mixed leaf salad served with sweet chilli mayonnaise dressing (E,M)        |       |
| <b>5 Flavour Garlic Bread</b>  | €6.00 |
| Oven baked fresh garlic ciabatta bread filled with mozzarella, basil pesto, red cheddar, sundried tomato pesto served on a bed of dressed mixed leaf salad (G,M,N,E,SUL) |       |

## Sandwiches

|   |        |
|---|--------|
| <b>Steak Sandwich</b>   | €15.00 |
| with onions and mushroom served on a toasted ciabatta with mozzarella cheese, salad and fries (G,M)                   |        |
| <b>Toasted Ciabatta</b>   | €11.00 |
| with chicken, roasted red peppers and onions served with mozzarella cheese, chipotle sauce, salad and fries (G,M,SUL) |        |
| <b>Open Smoked Salmon Sandwich</b>  | €11.00 |
| on homemade soda bread served with mixed salad and marie rose sauce (G,E,F,M,SUL)                                     |        |
| <b>Hot Sambo of the day</b>   | €11.00 |
| served with chips, hot gravy and a side salad (G,S)   |        |
| <b>Selection of plain and Toasted Sandwiches</b> (G,S)  | €6.75  |
| <b>Toasted Special</b>  | €10.00 |
| served with chips and a side salad (G,S,M)  |        |
| <b>Soup and Plain Sandwich Combo</b> (Check Daily)  | €10.00 |

## Main Courses

|  |        |
|--|--------|
| <b>8oz Sirloin Steak</b>   | €22.00 |
| Grilled tomato, sautéed onions and mushrooms, chunky chips, dressed mixed leaf salad and pepper sauce/garlic butter (M,SUL)                |        |
| <b>Seafood Pie</b>   | €15.00 |
| Atlantic seafood mix in white creamy sauce topped with a herb crust served with salad and chips (G,F,M,CY,SUL)                             |        |
| <b>Fish &amp; Chips</b>  | €16.00 |
| Beer battered fillet of cod served with garden peas, hand cut chunky chips, salad garnish, tartar sauce and a wedge of lemon (F,G,E,M,SUL) |        |
| <b>Chicken Goujons</b>   | €14.00 |
| Homemade chicken goujons served with salad, hand cut chunky chips with garlic mayo dip (G,E,M)   |        |
| <b>Lasagne</b>   | €14.00 |
| Traditional beef lasagne served with side salad and garlic bread (G,E,M,CY)  |        |
| <b>Red Thai Veg Curry</b>  | €13.00 |
| Coconut creamy Thai curry served with basmati rice and crispy poppadoms (C,SUL)<br>Add chicken/ beef/prawns                                |        |
| <b>Penne Carbonara</b>   | €15.00 |
| Penne pasta cooked in a creamy white sauce with mushrooms and bacon served with garlic bread and parmesan shavings (G,E,M)                 |        |
| <b>Penne Bake</b>  | €14.00 |
| Penne pasta in our homemade fresh pomodoro sauce with Mediterranean veg and mozzarella cheese topping baked in the oven (G,M,CL,SUL)       |        |
| <b>Seafood Tagliatelle</b>   | €16.00 |
| Pasta with a creamy white wine seafood mix served with garlic bread (G,F,M,CY,SUL)   |        |
| <b>Stir Fry</b>  | €13.00 |
| Wok fried veg in our homemade sauce served with basmati rice (SS,S)<br>Add chicken/beef/prawn (E,M,S)                                      |        |
| <b>Cajun Chicken Burger</b>  | €14.00 |
| With tomato, baby gem and garlic mayo on a brioche bun, side salad and chunky chips (G,E,M)  |        |
| <b>Classic Burger</b>  | €15.00 |
| 8oz burger with bacon and cheese served with side salad and chunky chips (G,M)   |        |
| <b>Mixed Bean Falafel Burger</b>   | €14.00 |
| Served with lettuce, tomato, and salsa on a brioche bun, side salad and chunky chips (G,E,M,S,SUL)   |        |

**Special of the Day**  
Ask your server about today's special

## Sides

|                                       |       |
|---------------------------------------|-------|
| <b>Garlic Bread</b> (G,M)             | €3.50 |
| <b>Garlic Bread with Cheese</b> (G,M) | €4.50 |
| <b>Hand Cut Chunky Chips</b> (G,SUL)  | €3.50 |
| <b>Rustic Potato</b> (G,SUL)          | €3.50 |
| <b>Skinny Chips</b> (G,SUL)           | €3.50 |
| <b>Sweet Potato Fries</b> (G,SUL)     | €3.50 |
| <b>Basmati Rice</b> (SUL)             | €3.50 |
| <b>Side of Veg</b>                    | €3.50 |
| <b>Side Salad</b>                     | €3.50 |
| <b>Homemade Onion Rings</b> (G,E,M)   | €4.00 |

## Sweet Thoughts

€6.50 each

**Homemade Apple Pie**  
served with Baldwins farmhouse vanilla ice cream, crème Anglaise & fresh berries (M,E,G)

**Chocolate Brownie** (Gluten Free)  
served with crunchy hazelnut praline, homemade chocolate sauce & Baldwins farmhouse vanilla ice cream (M,E,N)

**Cheesecake of the Day**  
served with fresh cream, Baldwins farmhouse ice cream & berries (M,G,E)

**Mixed Berry Roulade** (Gluten Free)  
served with Baldwins farmhouse ice cream & fresh berries (M,E)

**Sticky Toffee Pudding**  
served with butterscotch sauce & Baldwins farmhouse strawberry ice cream (D,G,E)

**Apple & Blueberry Crumble**  
served with Baldwins farmhouse vanilla ice cream & apple crisp (M,G,E,N)

**Selection of Baldwins Farmhouse Ice Creams** (Gluten Free)  
served with berry coulis & chocolate sauce (M,E)

All our desserts are proudly made in-house.

**Allergen:**  
G - gluten, P - peanuts, N - nuts, F - fish, C - crustaceans, MS - molluscs, SS - sesame seeds, E - egg, M - milk, S - soya, CY - celery & celeriac, L- lupins, MD - mustard, SUL - sulphur dioxide & sulphites

## Coffee/Tea

**Espresso** €2.65  
Strong, fresh ground coffee served straight

**Cappuccino** €3.25  
Single espresso with warm milk topped with foamed milk

**Latte** €3.50  
Espresso with steamed milk topped with foamed milk

**Hot Chocolate** €3.75  
Milky hot chocolate topped with foamed milk & marshmallows

**House Coffee** €2.50  
Bewley's fresh ground coffee

**Americano** €2.75  
Espresso topped with hot water

**White Coffee** €2.75  
Coffee made with milk

**Tea** €2.50

**Herbal Tea** €2.60

## Speciality Coffee Menu

**Irish Coffee** €6.50  
Freshly ground coffee with Irish Whiskey & sugar, topped with cream

**French Coffee** €7.50  
Freshly ground coffee with French Brandy & sugar, topped with cream

**Calypso Coffee** €7.50  
Freshly ground coffee with Tia Maria liqueur, topped with fresh cream

**Caribbean Coffee** €6.50  
Freshly ground coffee with a shot of Dark Rum, topped with cream

**Parisian Coffee** €7.50  
Freshly ground coffee with a shot of Cointreau, cream and a squeeze of orange

**Russian Coffee** €6.50  
Freshly ground coffee with a shot of Vodka topped with fresh cream

**Baileys Coffee** €7.50  
Freshly ground coffee with Baileys Cream topped with fresh cream





# LUNCH MENU

## The Courtyard on Sober Lane incorporating The Café

Our unique outdoor alfresco dining area which includes:  
Quarter Deck | Lower Deck | Heating | Full Bar  
Stone Baked Pizza Oven | A la Carte Menu

Cork's premier venue for barbeques and corporate events

## The Flying Enterprise

which incorporates **The Cabin** our ground floor dining area serving breakfast, lunch and evening meals.

## The Restaurant at the Courtyard on Sober Lane

Our spacious and luxurious restaurant on the first floor, with 9 windows overlooking both the quays and the river Lee. This much loved restaurant caters for all occasions.

## Quay News

Why not indulge yourself by visiting our exceptional retail outlet with it's own:

- Hot counter
- Off-License
- Salad Bar
- Daily Papers, Lotto and ATM etc.

[www.thecourtyardonsoberlane.com](http://www.thecourtyardonsoberlane.com)



THE COURTYARD  
ON SOBER LANE

RESTAURANT | CABIN | LOUNGE | THE QUARTERDECK | CAFÉ | QUAY NEWS