

# LUNCH MENU

THE COURTYARD  
ON SOBER LANE



## SALADS & SMALL PLATES

<b>FRESH SOUP OF THE DAY</b> Served with Homemade Brown Bread. (Ask Your Server For Allergens ) (GF Available On Request)	<b>€6.00</b>
<b>PRAWN PIL PIL</b> Fresh Prawns Baked in Chilli and Garlic Oil Served With Crusty Ciabatta Bread. (GF available on request) (1,2,7,12)	<b>€14.00</b>
<b>WARM CHICKEN SALAD</b> Wok Fried Chicken, Smoked Streaky Bacon Pieces & Potato Tossed in Garlic Butter and a Light Soy Dressing. (Starter/Main Option) (1,3,6,7,11) (GF Available On Request)	<b>€12/16</b>
<b>GOAT CHEESE SALAD</b> Crumbled Goat's Cheese, Mixed Leaves, Crostini, Caramelised Red Onion and a Balsamic Dressing. (1,7,12) (GF available on request)	<b>€14.00</b>
<b>SEAFOOD CHOWDER</b> Chunks of Fresh Fish and Vegetables blended in a Rich, Creamy White Wine Sauce. Served with Brown Bread. (1w,2,7,9,12)	<b>€13.00</b>

## GOURMET SANDWICHES / WRAPS

<b>ENTERPRISE STEAK SANDWICH</b> Chargrilled Steak on Toasted Ciabatta with Garlic Butter, Sauté Onions, Mushrooms and Pepper Sauce. Add Chips / Add Cup of Soup. ( €4 ) (1w,3,6,7,12)	<b>€16.00</b>
<b>BLT</b> Traditional Toasted Bacon, Lettuce and Tomato Sandwich on Sourdough. Add Chips / Add Cup of Soup. (€4) (1w,6,7,12 )	<b>€10.00</b>
<b>BUTTERMILK CHICKEN GOUJON WRAP</b> Crispy Buttermilk Chicken, Avocado, Tomato, Lettuce with Bourbon Sweet Chilli BBQ Sauce. (1w, 3, 12) Add Chips / Add Cup of Soup. (€4) (V/GF Available On Request) (1w,3,7,9,12)	<b>€10.00</b>
<b>THE CABIN TOASTED SPECIAL</b> Freshly Sliced Ham, Cheese, Tomato & Red Onion. Served with Side Salad. (1w,7,12) Add Chips / Add Cup of Soup. (€4) (V/GF Available On Request)	<b>€8.00</b>
<b>HOT ROAST CIABATTA SPECIAL</b> Please Ask your Server About Today' s Hot Roast Special. (1w,7,6)	<b>€8.00</b>

## MAIN DISHES

<b>SPECIAL / JOINT OF THE DAY</b> Please Ask your Server About Today's Specials. (7,9,12)	<b>€19.00</b>
<b>CHICKEN SCHNITZEL</b> Breaded Chicken Breast Served with Hand-Cut Chips & Mix Leaves Salad. (1w,3,7,12)	<b>€22.00</b>
<b>PAN FRIED SALMON</b> Served with Garlic Baby Potatoes and Crunchy Vegetables. (4,7,9)	<b>€24.00</b>
<b>TRADITIONAL FISH &amp; CHIPS</b> Fish of the Day Coated in a Light Batter Served With Pea Puree, Homemade Tartar Sauce and Hand-Cut Skin On Chips. GF available on request) (1w,3,4,7,12)	<b>€20.00</b>
<b>THE STIR-FRY</b> Wok fried vegetables in Garlic Butter Tossed in a Light Honey and Soy Sauce Served with Basmati Rice or Hand-Cut Chips. (V & VE option available) Add marinated chicken breast pieces or prawns. (€5) (2,7,9)	<b>€18.00</b>
<b>THE ENTERPRISE BURGER</b> McCarthys 8oz Grilled Steak Burger Topped with Smoked Streaky Bacon and Mozzarella Cheese on a Toasted Brioche Bap with Ballymaloe Relish, Lettuce, Tomato and Red Onion and Hand-Cut Skin On Chips (GF available on request) (1,3,7,12)	<b>€18.00</b>
<b>BEYOND MEAT BURGER</b> Plant-based Meat Burger Served with Lettuce, Tomato, Vegan Cheese on a Brioche Bun and Hand-Cut Skin On Chips. (1w,1ypp,5,6)	<b>€15.00</b>

Allergens: 1 – Gluten (1w: Wheat / 1o: Oat / 1ypp: Yellow Pea Protein), 2 – Crustaceans, 3 – Egg, 4 – Fish, 5 – Peanuts, 6 – Soya, 7 – Milk, 8 – Nuts, 9 – Celery, 10 – Mustard, 11 – Sesame Seeds, 12 – Sulphites, 13 – Lupin, 14 – Molluscs