

# HEIGHTS LOUNGE

## ALLERGENS

**1** Cereals containing Gluten (**1a** Wheat, **1b** Barley, **1c** Oats, **1d** Rye) **2** Crustaceans  
**3** Eggs **4** Fish **5** Peanuts **6** Soybeans **7** Dairy **8** Nuts (**8a** Brazil, **8b** Cashew, **8c** Hazelnut,  
**8d** Macadamia, **8e** Pecans, **8f** Pistachio, **8g** Walnuts, **8h** Almonds) **9** Celery  
**10** Mustard **11** Sesame **12** Sulphites **13** Lupin **14** Molluscs

ALL OUR BEEF IS OF IRISH ORIGIN

## SANDWICHES

Available  
daily from  
12pm-6pm

SMOKED SALMON €17.50  
brown bread, house salad,  
lemon & chive cream cheese  
contains allergens 1a, 1c, 4, 7, 10, 12  
can be made with gluten free bread

PREGO CHICKEN WRAP €12.50  
Ardsallagh feta cheese, grilled pineapple, house salad  
contains allergens 1a, 7, 10, 12.  
can be made gluten free

BAKED HAM & HEGARTY CHEESE €13.50  
sourdough, béchamel, house salad  
contains allergens 1a, 7, 10, 12.

## SALADS

Available  
daily from  
12pm-9pm

ARDSALLAGH GOAT'S CHEESE & PEAR SALAD €12.50 / €16.50  
mixed leaves, pickled onions,  
pine nuts, balsamic, coffee soil  
contains allergens 1a, 1c, 7, 10, 12  
can be made gluten free

GUBBEEN CHORIZO €11.50 / €15.50  
CAESAR SALAD  
baby gem, Hegarty cheese shavings,  
brioche croutons  
contains allergens 1a, 3, 7, 10, 12  
can be made gluten free  
add chicken €4.50  
add prawns €6.50 contains allergen 2

## LITE BITES

Available  
daily from  
12pm-9pm

SOUP OF THE DAY €7.50  
house made guinness bread  
contains allergens 1a, 1b, 1c, 9 (7 in bread)  
vegan option available

LOBSTER BISQUE €14.50  
grilled sourdough, saffron rouille  
contains allergens 1a, 2, 4, 7, 9, 10, 12

CHEF'S VEGAN PATE €11.50  
beluga lentil, chestnut, pistachio, beetroot,  
mixed leaves, grilled truffle sourdough  
contains allergens 1a (bread only), 6, 8f, 9, 10, 12

HOUSE SMOKED BLACK PUDDING €11.50  
apple gel, quince, cranberry salad, mustard dressing  
contains allergens 1c, 9, 10, 12

## SIDE ORDERS

TRIPLE COOKED CHUNKY CHIPS €5.00

SWEET POTATO FRIES €5.00

SELECTION OF VEGETABLES €5.00

HOUSE MIXED LEAF SALAD €5.00

## MAIN COURSES

**Available  
daily from  
12pm-9pm**

**HEREFORD BEEF BURGER** €21.50  
brioche bun, ranch dressing, tomato, bacon,  
onions, aged cheddar cheese, hand cut fries  
**contains allergens 1a, 3, 6, 7, 10, 12**  
**can be made gluten free but contains sesame**

**PERI PERI CHICKEN BURGER** €18.50  
brioche bun, chargrilled chicken, house peri peri  
sauce, tomato, cheddar cheese, hand cut fries  
**contains allergens 1a, 3, 6, 7, 9, 10, 12**  
**can be made gluten free but contains sesame**

**CRISPY FALAFEL BURGER (VEGAN)** €18.50  
vegan bun, beetroot hummus, tomato, lettuce, hand cut fries  
**contains allergens 1a, 11**  
**can be made gluten free**

**AGHADOE HEIGHTS CHICKEN CURRY** €23.50  
charred spicy free range chicken, fragrant rice,  
roasted almonds, coriander, crisp poppadom  
**contains allergens 1a, 8h, 9**

**CRISP BATTERED HADDOCK** €24.50  
fennel & orange salad, hand cut fries, tartar sauce  
**contains allergens 2, 3, 4, 10, 12, 14**

**CHEF'S MEJADRA (VEGETARIAN)** €22.50  
middle eastern spiced beluga lentils, pilaf of red rice,  
carrot, yogurt & coriander sauce, toonsbridge  
halloumi, fried onions, sumac  
**contains allergens 7, 9**

**ORGANIC VEGAN CHICK PEA CURRY** €22.50  
sweet potato, chick pea, fresh coriander, steamed  
fragrant rice, roasted almonds, crisp poppadom  
**contains allergens 1a, 8h, 9**

**TOMATO & FETA** €18.50  
**ORECCHIETTE PASTA BAKE**  
tomato & chilli sauce, tenderstem broccoli,  
parmesan, grilled sourdough  
**contains allergens 1a, 7, 9**  
**add chicken €4.50**  
**add prawns €6.50** **contains allergen 2**

## **WINTER WARMERS**

**Available  
daily from  
6pm-9pm**

**MONKFISH & PRAWNS BLANQUETTE** €36.50  
light cream & tarragon sauce, young carrots, pilaf of red rice  
**contains allergens 4, 7, 9, 12**

**TRADITIONAL BEEF BOURGUIGNON** €29.50  
cooked in a red wine, mushroom, bacon  
& caramelised onion sauce with mash potatoes  
**contains allergens 7, 9, 12**

**GRILLED CORNFED CHICKEN** €29.50  
wild mushroom, butternut squash,  
morteaux sausage, mash potatoes  
**contains allergens 7, 9, 12**

**8<sup>oz</sup> HEREFORD STEAK** €34.50  
café de paris butter, handcut chips, house salad  
**contains allergens 4, 6, 7, 10 12**

## DESSERTS

CHOCOLATE DELICE	€12.50
ginger poached pear	
contains allergens 3, 6, 7.	
STICKY TOFFEE PUDDING	€10.50
vanilla ice cream, miso caramel, pop corn	
contains allergens 1a, 3, 6, 7.	
APPLE GRANOLA CRUMBLE	€12.50
apple gel, caramel ice cream	
contains allergens 1a, 3, 7, 8h, 8c, 8g. can be made gluten free and vegan	
TONKA BEAN CRÈME BRULEE	€11.50
toasted orange shortbread	
contains allergens 3, 7, 8h.	
SELECTION OF ICE CREAM	€11.50
florentine snap	
contains allergens 1a, 3, 7, 8h. can be made gluten free	
ASSIETTE GOURMANDE	€9.50
chef's mini dessert selection of the day	
contains allergens 1a, 1c, 3, 6, 7, 8a, 8b, 8c, 8e, 8f, 8g, 8h, 11	

## HOT DRINKS

ESPRESSO	€4.00
AMERICANO	€4.50
CAPPUCCINO	€5.00
contains allergen 7	
CAFÉ LATTE	€5.00
contains allergen 7	
HOT CHOCOLATE	€5.00
contains allergen 7	

## HERBAL TEAS

GREEN TEA	€4.50
CAMOMILE	€4.50
PEPPERMINT	€4.50
DECAF TEA	€4.50
EARL GREY	€4.50
GINGER & LEMONGRASS	€4.50
IRISH BREAKFAST TEA	€4.50

## SPECIALITY COFFEES

all our speciality coffees contain allergen 7

IRISH	€9.50
BAILEYS	€9.50
CALYPSO	€9.50
FRENCH	€9.50

Please note all hot drinks, herbal teas & speciality coffees are served with homemade mignardise which contain allergens 1a, 3, 6, 7 and may also contain traces of nuts.