

HEIGHTS LOUNGE

SANDWICHES

Available daily from 12pm-6pm

ADD A SMALL SIDE OF FRIES TO ANY OF OUR
SANDWICH OPTIONS FOR +€3.50

contain allergens: soya, sulphites

CHICKEN TIKKA BRIOCHE

€13.50

aioli, lettuce, red onion, fresh tomato, house salad

contains wheat, egg, milk, mustard, sulphites, soya

PRAWN SAGANAKI

€18.50

garlic prawns cooked in an ouzo scented chilli tomato
sauce, topped with feta with toasted garlic sourdough

contains wheat, fish, crustacean, milk, sulphites

TOASTED GOAT'S CHEESE & GUBBEEN CHORIZO SOURDOUGH

€14.50

ardsallagh goat's cheese, onion marmalade, house salad

contains wheat, egg, milk, mustard, sulphites, almond, soya, pine nut
can be made gluten free

ALL OUR BEEF IS OF IRISH ORIGIN

Available daily from 12pm-9pm

SALADS

BLACKBERRIES & TOFU SALAD €12.50/€16.50
starter / main

Baby leaves, silky tofu, orange, house dressing, toasted
pine nuts, 15 year old giusti balsamic vinegar
contains mustard, sulphites, pine nut, almond

ORGANIC BROCCOLI, ARDSALLAGH €13.50/€15.50
FETA & ROASTED HAZELNUT SALAD starter / main

raw broccoli, quinoa, mixed leaves,
cherry tomato & hazelnut dressing,
contains wheat, egg, soya, milk, mustard, sulphites, almond,
pine nut, hazelnut can be made in a gluten free / vegan without feta

add chicken contains soya €5.50

add prawns contains crustacean €5.50

LITE BITES

SOUP OF THE DAY €7.50

house-made guinness bread
contains celery, sulphites, (wheat, barley, oat (milk in bread only))
vegan option available

IRISH CHEDDAR CHEESE & ALE SOUP €11.50

lightly spiced, garlic bread
contains wheat, oat, barley, celery, sulphites, egg

TRADITIONAL SEAFOOD CHOWDER €15.50

house-made guinness bread, sour dough
contains crustacean, fish, milk, sulphites, wheat

CRISP COD, SALMON & PRAWN FISH CAKE €13.50

house salad, saffron aioli, house dressing
contains crustacean, fish, milk, egg, mustard, sulphites, soya, almond, pine nut

MACROOM MOZZARELLA ARANCINO €10.50

mozzarella & semi dried tomato filling,
tomato & basil fresca, rocket leaves
contains egg, milk, sulphites, mustard

TASTING PLATE

IRISH SALMON TASTING PLATE €24.50

smoked salmon, lemon & chive cream cheese, house-made
gravlax, salmon rilette, guinness bread, house salad, lemon
contains wheat, oat, barley, fish, egg, milk, almond, mustard, sulphites, pine nut
(can be made on gluten free bread that contains, soya, gluten free wheat)

SIDE ORDERS

MASH POTATOES €5.50

contains milk, sulphites

FRIES €5.50

contains soya, sulphites

HOUSE SALAD €5.00

contains soya, mustard, sulphites, almond, pine nut

SEASONAL VEGETABLES €5.50

contains wheat, milk

MAIN COURSES

MONKFISH BLANQUETTE €38.50

tarragon & mushroom cream velouté, young carrot, pilaf rice
contains celery, wheat, milk, fish

BAKED BEEF BOURGUIGNON POT PIE €27.50

Topped with a butter puff pastry, mash potato
(allow 20 minutes cooking time)
contains wheat, egg, milk, sulphite

BRAISED IRISH VENISON SHANK €26.50

mash potatoes, celeriac cake, bacon & onion braising liquor
contains milk, celery, sulphite

IRISH CORNFED CHICKEN & WILD MUSHROOM CRONUT €24.50

housemade cronut, marsala velouté, charred guanciale,
parmesan, grilled king oyster mushroom, house salad
contains wheat, milk, sulphites, mustard

SPICY BAKED GOAN CAFREOL FILLET OF HAKE €26.50

confit of peppers, crushed coriander potatoes (medium hot)
contains fish, soya, mustard, sulphites

CHERRY VINE TOMATO & GRILLED ZUCCHINI LINGUINI €19.50

garlic tomato sauce, feta cheese

add chicken €5.50

add prawns €5.50

**contains wheat, milk- vegan option available using vegan feta
(with prawns contains crustacean / with chicken contains soya)**

BATTERED FILLET OF HADDOCK €25.50

tartar sauce, chips, lemon

contains egg, fish, mustard, sulphites, crustacean, pine nut, almond

CHEF'S SIGNATURE BEEF CHILLI €27.50

jameson braised beef, spiced fried beef, blackened smoked
beef in a spicy organic bean sauce, irish corn bread,
beef dripping fried potato, sour cream
contains celery, wheat, oat, barley, milk

IRISH BEEF BURGER €25.00

sourdough beer bun, cheddar cheese, truffle mayo,
gem, tomato, pickled cucumber, chips

**contains wheat, oat, barley, egg, soya, mustard, sulphites, pine nut,
almond - can be made gluten free but will contain sesame**

CHICKEN LOUISIANA BURGER €24.00

sourdough beer bun, battered chicken dipped
in hot sauce, ranch dressing, fries

**contains wheat, oat, barley, milk, soya, sulphites, mustard,
pine nut, almond - can be made gluten free but will contain sesame**

WARM BUTTERNUT SQUASH SALAD €24.50

organic edamame, pickled girolles,
vegan feta, smoked almond, yuzu dressing
contains wheat, soya, sulphites

CHEESE MENU

THE IRISH FARMHOUSE CHEESE PLATTER €18.50

for you or to share... Cashel Blue, Cooleeney, Milleens and Smoked Applewood cheddar, served with chutney, fruit and crackers

contains wheat, barley, milk, walnuts, mustard, sulphites

CASHEL BLUE CHEESE, CO. TIPPERARY €6.90

with beetroot crisp, coffee & cocoa and warm Aghadoe Honey

Cashel Blue is Ireland's first farmhouse blue cheese. It has a crumbly texture when young but as it matures it becomes semi soft with a strong flavour. Earthy flavour pairing from the beetroot and coffee finished with our own honey will soften this robust blue cheese.

contains wheat, egg, soya, milk, almonds

Pair it with a taste of Dow's LBV Port Wine +€3.50

COOLEENEY FARMHOUSE CHEESE €5.90

with truffle salt, sweet fermented walnut, crispy lavash bread

Produced by Cooleeney in Co. Tipperary, this cheese is a camembert type cheese with a bloomy white rind. It is mild when young and as it matures the cheese softens and develops an aromatic clean flavour. For this cheese we went with a classic walnut and truffle combination.

contains wheat, egg, milk, walnut

Pair it with a taste of Graham Organic Port Wine +€3.50

MILLEENS FARMHOUSE THYME & PINK PEPPERCORN INFUSED IRISH RAPESEED OIL CHEESE €5.90

with apple, Cronin's cider & saffron chutney, potato cracker

A mature Milleens exhibits all the classic characteristics of a semi soft cheese. Its pronounced aroma indicates maturity and correct development. The oil infusion will temper the strength of the cheese and the sharp chutney will pair perfectly with this cheese. Made in County Cork.

contains soya, milk, mustard, sulphites

Pair it with a taste of Kratcher, Cuvee Auslese +€4.00

MOSSFIELD ORGANIC CHEESE €6.90

CUMIN & RED WINE PRESSED CHEESE

with Mout de raisin mustard, grapes, crackers

Mossfield organic cheese is a handmade farmhouse hard cheese made in Co. Offaly.

It is a multiple award winner inclusive of the World cheese award. We brush it with a Beaujolais Fleurie to add a unique characteristic to this already beautiful cheese.

contains wheat, milk, mustard, sulphites

Pair it with a taste of Organic Domaine Bousquet +€4.00

DESSERTS

MISO PECAN PIE €13.50

pistachio ice cream, speculoos sauce

contains egg, wheat, pecan, soya, milk, pistachio

ETON MESS €11.50

winter berries, crème de cassis, toasted almond, cracked pepper

contains milk, egg, sulphite, almond

APPLE CRUMBLE €12.50

granola topping, caramel ice cream and crème anglaise

contains almond, walnut, hazelnut, milk, eggs

MANGO DATE PUDDING €13.50

treacle caramel sauce, vanilla ice cream

contains wheat, egg, milk

VANILLA CRÈME BRULÉE €13.50

with orange blossom madeleine

contains wheat, milk, egg

CHEESECAKE OF THE DAY €13.50

contains egg, milk, soya, wheat, peanut, hazelnut, almond, pistachio

AGHADOE ASSIETTE GOURMANDE €12.50

selection of mini desserts from our pastry team

contains egg, milk, soya, wheat, peanut, hazelnut, almond, pistachio

HOT DRINKS

BARISTA COFFEES AND HERBAL TEAS AVAILABLE

Please note all hot drinks, herbal teas & speciality coffees are served with homemade mignardise which contain allergens - please ask your server for details