

HEIGHTS LOUNGE

TWO COURSE SPA MENU

choose two courses - starter & main or main & dessert

Starters

Soup of the Day

house-made guinness bread

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

Macroom Mozzarella Arancino

mozzarella & semi dried tomato filling, tomato & basil

fresca, rocket leaves

contains egg, milk, mustard, sulphites

Blackberries & Tofu Salad

baby leaves, silky tofu, orange, house dressing, toasted

pine nuts 15 year old guisti balsamic vinegar

contains mustard, sulphites, pine nut, almond

Organic Broccoli, Ardsallagh Feta & Roasted Hazelnut Salad

raw broccoli, quinoa, cherry tomato & hazelnut dressing, mixed leaves

contains wheat, egg, soya, milk, mustard, sulphites, almond, pine nut, hazelnut - vegan without feta

add chicken contains soya **add prawns** contains crustacean

Mains

Prawn Saganaki

garlic prawns cooked in an ouzo scented chilli tomato sauce,

topped with feta served with garlic rustic bread

contains crustacean, fish, wheat, milk, sulphites

Spicy Baked Goan Cafreol Fillet of Hake

confit peppers, buttered kale & petit pois,

crushed coriander potatoes (medium hot)

contains fish, soya, mustard, sulphites, milk

Cherry Vine Tomato Linguini

roasted plum tomato & garlic sauce, oregano, white wine, irish feta cheese

add chicken contains soya **add prawns** contains crustacean

contains wheat, milk- vegan option available using vegan feta

Toasted Goat's Cheese & Gubbeen Chorizo Sourdough

ardsallagh goat's cheese, toasted sourdough sandwich,

onion marmalade, house salad

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

Chicken Tikka Brioche

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

contains wheat, soya, milk, sulphites, mustard

Desserts

Apple Granola Crumble

crème anglaise, vanilla ice cream

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

Vanilla Crème Brûlée

orange blossom madeleine

contains egg, wheat, milk

Cheesecake of the Day

Your server will tell you all about it

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

All our beef is of Irish Origin