

HEIGHTS LOUNGE

SANDWICHES

Available daily from 12pm-6pm

ADD A SMALL SIDE OF CHUNKY CHIPS
TO ANY OF OUR SANDWICH OPTIONS FOR +€3.50
contains allergens: soya, sulphites

CHICKEN TIKKA BRIOCHE €13.50
aioli, lettuce, red onion, fresh tomato, house salad
contains wheat, egg, milk, mustard, sulphites, soya

OPEN PRAWN & SMOKED SALMON €18.50
kenmare smoked salmon, garlic prawns, lemon crème fraîche,
house-made guinness bread, seasonal leaves
contains wheat, fish, crustacean, milk, sulphites

TOasted GOAT'S CHEESE & €14.50
GUBBEEN CHORIZO SOURDOUGH
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 baby leaves, silky tofu, orange, house dressing, toasted pine nuts, 15 year old giusti balsamic vinegar contains mustard, sulphites, pine nut, almond	€12.50/€16.50 starter / main
ORGANIC BROCCOLI, ARDSALLAGH FETA & ROASTED HAZELNUT SALAD 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 add prawns contains crustacean	€13.50/€15.50 starter / main €5.50 €5.50

LITE BITES

SOUP OF THE DAY house-made guinness bread contains celery, sulphites, (wheat, barley, oat (milk in bread only)) vegan option available	€7.50
TRADITIONAL SEAFOOD CHOWDER sourdough, house-made guinness bread contains crustacean, fish, milk, sulphites, wheat	€15.50
CRISP COD, SALMON & PRAWN FISH CAKE house salad, saffron aioli, house dressing contains crustacean, fish, milk, egg, mustard, sulphites, soya, almond, pine nut	€13.50
MACROOM MOZZARELLA ARANCINO mozzarella & semi dried tomato filling, tomato & basil fresca, rocket leaves contains egg, milk, sulphites, mustard	€10.50
PRAWN SAGANAKI garlic prawns cooked in an ouzo scented chilli tomato sauce, topped with feta with toasted garlic sourdough contains wheat, fish, crustacean, milk, sulphites	€18.50

SIDE ORDERS

MASH POTATOES contains milk, sulphites	€5.50
CHUNKY CHIPS contains soya, sulphites	€5.50
HOUSE SALAD contains soya, mustard, sulphites, almond, pine nut	€5.00
SEASONAL VEGETABLES contains milk	€5.50

MAIN COURSES

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
house-made cronut, marsala velouté, charred guanciale, parmesan, house salad	
contains wheat, milk, sulphites, mustard	
SPICY BAKED GOAN CAFREOL FILLET OF HAKE	€26.50
confit peppers, buttered kale & petit pois, crushed coriander potatoes (medium hot)	
contains fish, soya, mustard, sulphites, milk	
CHERRY VINE TOMATO LINGUINI	€19.50
roasted plum tomato & garlic sauce, oregano, white wine, irish 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)	
FISH & CHIPS	€25.50
battered fresh local fish, tartar sauce, peas, chunky chips, lemon	
contains egg, fish, mustard, sulphites, crustacean, pine nut, almond	
IRISH BEEF BURGER	€25.00
sourdough bun, bone marrow & irish beef patty, cashel reserve cheddar, truffle mayo, baby gem, tomato, pickled cucumber, chunky chips	
contains wheat, oat, barley, egg, soya, mustard, sulphites, milk, pine nut, almond - can be made gluten free but will contain sesame	
CHICKEN LOUISIANA BURGER	€24.00
sourdough bun, battered chicken dipped in hot sauce, ranch dressing, chunky chips	
contains wheat, oat, barley, milk, soya, sulphites, mustard, pine nut, almond - can be made gluten free but will contain sesame	

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	
<i>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.</i>	
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	
<i>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.</i>	
contains wheat, egg, milk, walnut	
Pair it with a taste of Graham Organic Port Wine +€3.50	
MILLEENS FARMHOUSE THYME & PINK PEPPERCORN INFUSED IRISH RAPSEED OIL CHEESE	€5.90
with apple, Cronin's cider & saffron chutney, potato cracker	
<i>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.</i>	
contains soya, milk, mustard, sulphites	
Pair it with a taste of Kracher, Cuvee Auslese +€4.00	
MOSSFIELD ORGANIC CHEESE	€6.90
CUMIN & RED WINE PRESSED CHEESE	
with Mout de raisin mustard, grapes, crackers	
<i>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.</i>	
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	
contains milk, egg, sulphite, almond	
APPLE CRUMBLE	€12.50
granola topping, caramel ice cream, crème anglaise	
contains almond, walnut, hazelnut, milk, egg	
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