

# HEIGHTS LOUNGE

## SANDWICHES

Available daily from 12pm-6pm

ADD A SMALL SIDE OF CHUNKY CHIPS  
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	

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 & 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
baby leaves, silky tofu, orange, house dressing, toasted pine nuts, 15 year old giusti balsamic vinegar	starter / main
contains mustard, sulphites, pine nut, almond	
ORGANIC BROCCOLI, ARDSALLAGH FETA & ROASTED HAZELNUT SALAD	€13.50/€15.50
raw broccoli, quinoa, mixed leaves, cherry tomato & hazelnut dressing,	starter / main
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	
TRADITIONAL SEAFOOD CHOWDER	€15.50
sourdough, house-made guinness bread	
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	
PRAWN SAGANAKI	€18.50
garlic prawns cooked in an ouzo scented chilli tomato sauce, topped with feta with toasted garlic sourdough	
contains wheat, fish, crustascean, milk, sulphites	

SIDE ORDERS

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

# 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  
*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 €5.90  
INFUSED IRISH RAPESEED OIL CHEESE  
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 Kracher, 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  
**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**