

## *Starters*

**HOMEMADE SOUP OF THE DAY (V) €7.50**

*served with homemade Guinness bread  
please ask your server for details  
(contains: 1 - wheat, 7, 9)*

**OYSTERHAVEN BAY CREAMY SEAFOOD CHOWDER €12.50**

*served with homemade Guinness bread  
(contains: 1 - wheat, 2, 4, 7, 9, 12, 14)*

**CAESAR SALAD €11.50**

*cos lettuce, chicken, crispy parma ham, parmesan  
cheese, croutons  
VEGETARIAN OPTION WITH TEMPEH  
(contains: 1 – wheat, 8, 10, 11)*

**ROARING WATER BAY MUSSELS €12.00**

*white wine, shallots and garlic cream sauce, garlic  
bread, lemon  
(contains: 1, 7, 14)*

**CACHAPAS (V) €10.50**

*sweetcorn pancakes with avocado salsa, veg crisps  
(contains: 1 - wheat, 7)*

**MISO AUBERGINE (V) €11.00**

*Japanese rice, bean sprouts, yuzu ponzu sauce*

**OPTION OF PRAWN + €3.00**

*(contains: 1 – wheat, 2, 6, 8, 12, 14)*

**HOT CHILLI BUTTER CALAMARI €10.50**

*baguette, lemon aioli, mix leaf salad  
(contains: 1 - wheat, 3, 4, 7, 14)*

**ROCKPOOL RESTAURANT €11.00**

**SALMON RILLETTE**

*poached & smoked salmon coarse pate, crostini  
(contains: 1 – wheat, 2, 3, 4, 7, 14)*

## *Mains*

**SCALLOPS €27.50**

*coconut & lime risotto, scallop roe puree, mussels  
farofa, spicy coriander oil, cassava chips*

**VEGETARIAN OPTION WITH PARSNIP (V)**

*(contains: 2, 4, 7, 14)*

**CATCH OF THE DAY €26.00**

*braised leeks, honey glazed vegetables, white wine  
and leek sauce  
(contains: 3, 4, 7, 14)*

**CHICKEN SUPREME €25.00**

*spicy crust, tender stem broccoli, beluga lentils,  
muhammara sauce, tarragon jus  
(contains: 1 – wheat, 8, 12)*

**FROM OUR GRILL**

**10oz SIRLOIN STEAK €36.00**

**14oz T BONE STEAK €40.00**

*potato pave, sauté mushrooms, salsa, peppercorn  
sauce or black garlic and chilli butter. side of hand  
cut skin off chips*

*(contains: 1 – wheat, 7, 12)*

*Origin of Beef - Ireland*

**THAI RED CHICKEN CURRY €23.00**

*coriander rice, coriander flat bread*

**VEGAN OPTION WITH TOFU (V)**

**OPTION OF PRAWN + €3.00**

*(contains: 1 – wheat, 2, 7)*

**KOREAN PORK BELLY €24.00**

*slow cooked pork belly, gochujang glaze, pickled  
vegetables, house salad, side of hand cut skin off  
chips*

*(contains: 5, 6, 7, 11, 12)*

**OYSTERHAVEN BAY SEAFOOD PIE €24.00**

*side of hand cut skin off chips, mix leaf salad*

*(contains: 1 - wheat, 2, 4, 7, 9, 14)*

**CONFIT DUCK LEG €26.00**

*pomegranate hummus, vegetable couscous cake,  
seasonal vegetables, rockpool restaurant jus*

*(contains: 1, 7, 8)*

**BUTTERNUT SQUASH GNOCCHI (V) €20.00**

*baby spinach, pine nuts, parmesan cheese, garlic  
bread*

*(contains: 1 - wheat, 3, 7, 8)*

**LAMB DOPIAZA CURRY €26.00**

*coriander rice, kerala parrota bread*

*(contains: 1 - wheat, 7, 12)*

*Sides*

HAND CUT SKIN OFF CHIPS €5.00

SWEET POTATO FRIES €5.00

BABY MIXED LEAF SALAD €4.50

TENDER STEM BROCCOLI €5.00

BEER BATTERED ONION RINGS €5.00

GARLIC BREAD €4.00

GARLIC BREAD WITH CHEESE €5.00