

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)

Beluga Lentil & Piedmont Pistachio Paté

beetroot gel, toasted truffle sourdough

contains soya, celery, pistachio, wheat, pine nut, mustard, almond

Ardsallagh Goat's Cheese Salad

baby leaves, cranberries, organic olive oil vinaigrette,
toasted pine nuts, 20 year old guisti balsamic vinegar

contains wheat, oat, milk, 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 - 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

Chicken Louisiana Burger

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

Organic Chick Pea & Edamame Burger

sourdough beer bun, avocado guacamole, gem, tomato, chips

contains wheat, oat, barley, milk, soya, sulphites, mustard, pine nut, almond

can be made gluten free but will contain sesame

Chef's Signature Mejadra

middle east spiced beluga lentils & pilaf red rice, carrot, yogurt

& coriander sauce, grilled toonsbridge halloumi, fried onions, sumac

contains milk, celery

Toasted Goat Cheese & Gubbeen Chorizo Sourdough

ardsallagh goat cheese, onion marmalade, house salad

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

Classic Plain & Toasted Sandwiches

on white or brown bread with ham, cheese, chicken,
tomato or tuna served with mixed leaves

contains wheat, soya, milk, sulphites, fish

Desserts

Apple Crumble

apple gel, caramel ice cream

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

Sticky Toffee & Apricot Pudding

treacle caramel, vanilla ice cream

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

Cheesecake of the Day

Your server will tell you all about it

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