

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 nuts, mustard, almond

Ardsallagh Goat 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 nuts, almond

Gubbeen Chorizo & Orange Salad

baby gem, orange & crème fraiche dressing, Hegarty cheese

contains wheat, egg, soya, milk, mustard, sulphites, almond, pine nuts

add chicken **contains soya**

add prawns **contains crustacean**

add duck confit **contains celery, sulphites**

Mains

Cod & Prawns Cannelloni

lobster nantua sauce, Cáis na Tír cheese, gremolata crunch

contains egg, crustacean, fish, wheat, soya, milk, celery, sulphites

Grilled Chicken Burger

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

contains wheat, oat, barley, milk, soya, sulphites, mustard, pine nuts, almonds.

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 nuts, almonds.

can be made gluten free but will contain sesame

Chef's Mejadra

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

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

contains milk, celery

Chicken Musakhan Wrap

slow-roast chicken in sumac and onion, tzatziki dressing, pine nut, house salad

contains wheat, milk, almond, pine nuts, soya, mustard, sulphites (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 Granola Crumble

apple gel, caramel ice cream

contains egg, milk, soya, wheat, peanut, hazelnut, almond, pistachio (can be made gluten free/vegan)

Vanilla Crème Brûlée

sesame snap

contains egg, wheat, milk, sesame

Cheesecake of the Day

Your server will tell you all about it

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