

The Fort Bar & Lounge

12:30pm - 8:45pm

Starters

Fresh Soup of the Day with Crusty Roll €5.95

A - 7,9,12, Gluten

Prawn Cocktail, Marie Rose Sauce, Salad & Wheaten Bread €9.95

A - 4,2,12

Greek Salad with Feta Cheese, Olives & Tomato Chutney €7.50

A - 7,12

Classic Chicken Caesar Salad €7.95

A - 3,4,5, Gluten

BBQ Oven-Baked Chicken Wings & Mini Salad €7.95

A - 3,6,12

Mexican Beef Nachos, topped with Melted Cheese €8.00

A - Gluten, Soy trace

Grilled Cajun Wedges with Bacon 'n' Cheese €7.00

A - Dairy, 12

Mains

Roasts & Grills

Steak Sambo Grilled, Topped with Onions & Mushrooms in Ciabatta, Peppercorn Sauce & Chunky Chips €17.95

A - 7,10, Gluten

8oz Rump Steak Burger baked with Cheese & Bacon, Hot Bap, Salad Garnish, Tomato Relish &

Skinny Fries €16.95

A - 3,6,7,12

12oz Irish Sirloin Steak (Cooked to your preference), Sautéed Onions & Mushrooms, Peppered Sauce & Chunky Chips €27.95

A - 7,10,12

We endeavor to source the best local produce. All meat & chicken products are of 100% Irish origin.

Allergens: 1. Cereals 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts 6. Soybeans 7. Milk 8. Nuts 9. Celery 10. Mustard 11. Sesame Seeds 12. Sulphur Dioxide & Sulphites 12. Lupin 14. Molluscs

From the Sea

Traditional Beer Battered Fish & Chips **€16.95**

A - 3,4,7,12, Seafood

Oven-Baked Sea Bass, Prawn & Caper Cream, Creamy Mash & Fresh Vegetables **€19.95**

A - 12, Seafood, Dairy

Baked Cajun Salmon - Fillet of Salmon coated with Cajun Butter, Crisp Salad, Herb & Garlic Cubes **€17.95**

A - 12, Seafood, Dairy

Vegetarian

Goat's Cheese Tartlet - Baked Tartlet with Goat's Cheese, Red Onion, Cherry Tomato encased in Pastry and Served with a Salad Garnish **€14.50**

A - Gluten, Dairy

House Vegetable Curry, Poppadom & Fragrant Rice **€13.95**

Add Chicken **€16.50** or King Prawn **€18.95**

A - 12, Gluten

A - 9,10,12, Gluten

Poultry Dishes

Wok Stir Fry Peppers & Onions, Salt & Chilli Chicken & Timble of Rice **€16.95**

A - 10,12, Gluten

Chicken Fillet Burger Hawaiian Style

Breaded Chicken in Sesame Bap Topped with Pineapple, Cheese, Lettuce & Tomato served with Chunky Chips **€16.95**

A - 12, Gluten, Dairy

Cajun Chicken Fillet Burger, Salad, Tomato & Chutney Served with Chunky Chips **€16.95**

A - 7,12, Gluten

Spicy Chicken Pasta Sautéed Mediterranean Vegetables, In-House Tomato Sauce, Hosted on Buttered Pasta **€15.95**

A - 10, Gluten, Dairy

Pan Seared Escalope of Chicken, Buttery Mash, Peppered Sauce, Fresh Vegetables **€16.95**

A - 10,12, Dairy

Sides - €4.00

Sautéed Onions (*dairy*), Sautéed Mushrooms (*dairy*), Dirty Fries drizzled with Sriracha Mayo (*12*), Chunky Chips (*12*), Skinny Fries (*12*), Sweet Potato Fries (*12*), Garlic & Herb Cubes (*12*), Champ Potatoes (*12,dairy*), Creamy Mash (*12,dairy*), Vegetables (*dairy,12, or plain*), Side Salad.

Lite Bites

12:30pm - 4pm Daily

Sandwiches €5.23

Sandwiches are served with crisps & can be toasted on request - (Gluten Free bread available)

Choose your Bread...

White, Brown, Soda, Bap, or Gluten Free

Choose your filling...

Tuna & Red Onion | Chicken Supreme | Cheese & Ham | Egg & Scallion

Soup & Sambo Combination

A - Dairy

€9.75

Chicken, Lettuce & Red Onion Wrap baked & served with Skinny Fries & Sweet Chilli Mayo

A - Dairy, Gluten, 12

€10.95

Sourdough Sesame Hot Bap, Carved Ham, Roasted Red Pepper, Jack Cheese served with Dirty Fries & Salad Garnish

A - Gluten, 12

€10.95

Large Open Prawn Salad with Wheaten Bread & Chunky Chips

A - Dairy, Gluten, 4, 12

€15.95

Sides - €4.00

Sautéed Onions (*dairy*), Sautéed Mushrooms (*dairy*), Dirty Fries drizzled with Sriracha Mayo (*12*), Chunky Chips (*12*), Skinny Fries (*12*), Sweet Potato Fries (*12*), Garlic & Herb Cubes (*12*), Champ Potatoes (*12, dairy*), Creamy Mash (*12, dairy*), Vegetables (*dairy, 12, or plain*), Side Salad.

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