

LUNCH MENU

SANDWICHES

TRIO OF OPEN SMOKED SALMON (1)(2)(5)(6)(8)(12)(13) Cold Water Prawns with a Marie Rose Cocktail Sauce & Salmon Mayonnaise served on Brown Soda Bread	€15.50
THE BANKS TOASTED SPECIAL (1)(2)(5)(8) with Honey Baked Ham, Mature Cheddar Cheese, Vine Tomato and Red Onion served on traditional White Bloomer, Homemade Spicy Wedges	€14.50
BAKED MULTIGRAIN BAGEL (1)(2)(5)(6)(8)(9) topped with Cajun Spiced Chicken, Sun Dried Tomatoes, Scallions & Mozzarella Cheese Bound with Mayonnaise, served with Fries	€13.50
THE RADISSON CLUB (1)(2)(5)(6)(8) Triple Decker with Chicken, Pan Fried Bacon, Egg, Beef Tomato, Lettuce & Mayonnaise, served with Skin on Fries	€15.50
LEBANESE FLATBREAD (VG)(LF)(1)(2)(8)(9) stuffed with Spiced Falafel, Beetroot Hummus, Mixed Salad & a Soya Yoghurt Tzatziki Dressing, Spicy Cous Cous Salad	€12.95
MULTIGRAIN WRAP (VG)(GF)(LF)(1)(2)(8) with Avocado, Sun Dried Tomato, Rocket, bound with Herb Mayonnaise served with Bulgur Wheat & Quinoa Salad, Sweet Potato Fries	€13.95
HOME COOKED HAM & BANDON VALE VINTAGE CHEDDAR CHEESE SALAD SANDWICH (1)(2)(5)(6)(8) in Crusty Baguette served with Crunchy Coleslaw & Red Onion Relish	€11.50
PAN FRIED STRIPS OF SIRLOIN STEAK (1)(2)(5)(6)(8) with Caramelised Onions & Mushrooms, Chipotle Mayo, Grilled with Provolone Cheese on Toasted Ciabatta, Skin on Fries	€17.95
TOASTED SPICY CHICKEN WRAP (GF)(1)(2)(5)(6)(8) with Garlic Mayonnaise, Vine Tomato & Mozzarella Cheese, Skin on Fries & Salad Garnish	€14.95
BAKED MULTI SEED BAGEL (VG)(GF)(LF)(2)(8)(9) topped with Roasted Peppers, Cherry Vine Tomatoes, Wilted Spinach & Melted Mature Cheddar Cheese served with Spicy Wedges & Salad Garnish	€12.95

MAINS

HOMEMADE BURGER (1)(2)(5)(6)(8) served on a Brioche Bap with Smoked Bacon, Cheddar Cheese, Salad Garnish & Gherkins, Skin on Gries, Garlic Mayonnaise and Tomato Relish	€16.95
THE VEGAN BURGER (VG) (LF) (2)(8) Chickpea, Yellow Pepper & Quinoa Burger in Sesame Bun with Portobello Mushroom, Salad, Mature Cheddar & Crispy Tobacco Onions served with Tomato & Chilli Jam, Garlic Mayo & Skin on Fries	€14.95
THAI STIR FRY (1)(2)(12) Noodles tossed with Slow Roast Pork Belly, Chicken & Tiger Prawns, Wok Fried with Shitake Mushrooms Bok Choi, Onions, Peppers and Baby Corn in a Sweet Chilli and Coriander Sauce	€18.95
VEGAN THAI (1)(2)(9) Noodles tossed with Smoked Tofu, Sesame Seeds & Crushed Peanuts, Wok Fried with Shitake Mushrooms Bok Choi, Onions, Peppers and Baby Corn in a Sweet Chilli and Coriander Sauce	€16.95
CLASSIC COD FISH & CHIPS (1)(2)(6)(13) served in Crispy Batter with Skin on Fries, smashed Peas & Tartar Sauce <i>Gluten free available – please ask your Server</i>	€17.95
ORIENTAL STYLE BABY BACK RIBS AND CHICKEN WINGS (1)(2)(9) in a Sticky Hoi Sin & Sweet Chilli Glaze finished with Fresh Ginger & Coriander served with Skin on Fries	€15.95

DESSERTS

WARM CHOCOLATE & WALNUT BROWNIE (GF) (2)(5)(6)(11) Vanilla Ice Cream	€6.95	SELECTION OF GLENOWN ICE CREAM (GF) (2)(5)(6)(11) Rhubarb, Mint Chocolate & Salted Caramel, Fresh Cream & Berries	€6.95
BANOFFEE PIE (1)(2)(5)(7) Honeycomb Ice Cream	€7.95	CHOCOLATE & COCONUT TART (VG) (GF) (LF) (2)(11) Wild Berry Compote & Blood Orange Sorbet	€6.95
CARAMEL APPLE TART (VG) (LF) (1)(2)(11) with Maple Syrup <i>Add Ice Cream & Whipped Cream €1.50 (5)(6)</i>	€6.00		

ALLERGENS

1. Gluten, 2. Soya, 3. Lupin, 4. Celery, 5. Milk, 6. Egg, 7. Sulphites, 8. Mustard, 9. Sesame, 10. Peanuts, 11. Nuts, 12. Crustaceans, 13. Fish, 14. Molluscs
(GF) – Gluten Free, (VG) – Vegan, (LF) – Lactose Free, (V) – Vegetarian

SOUPS & SALADS

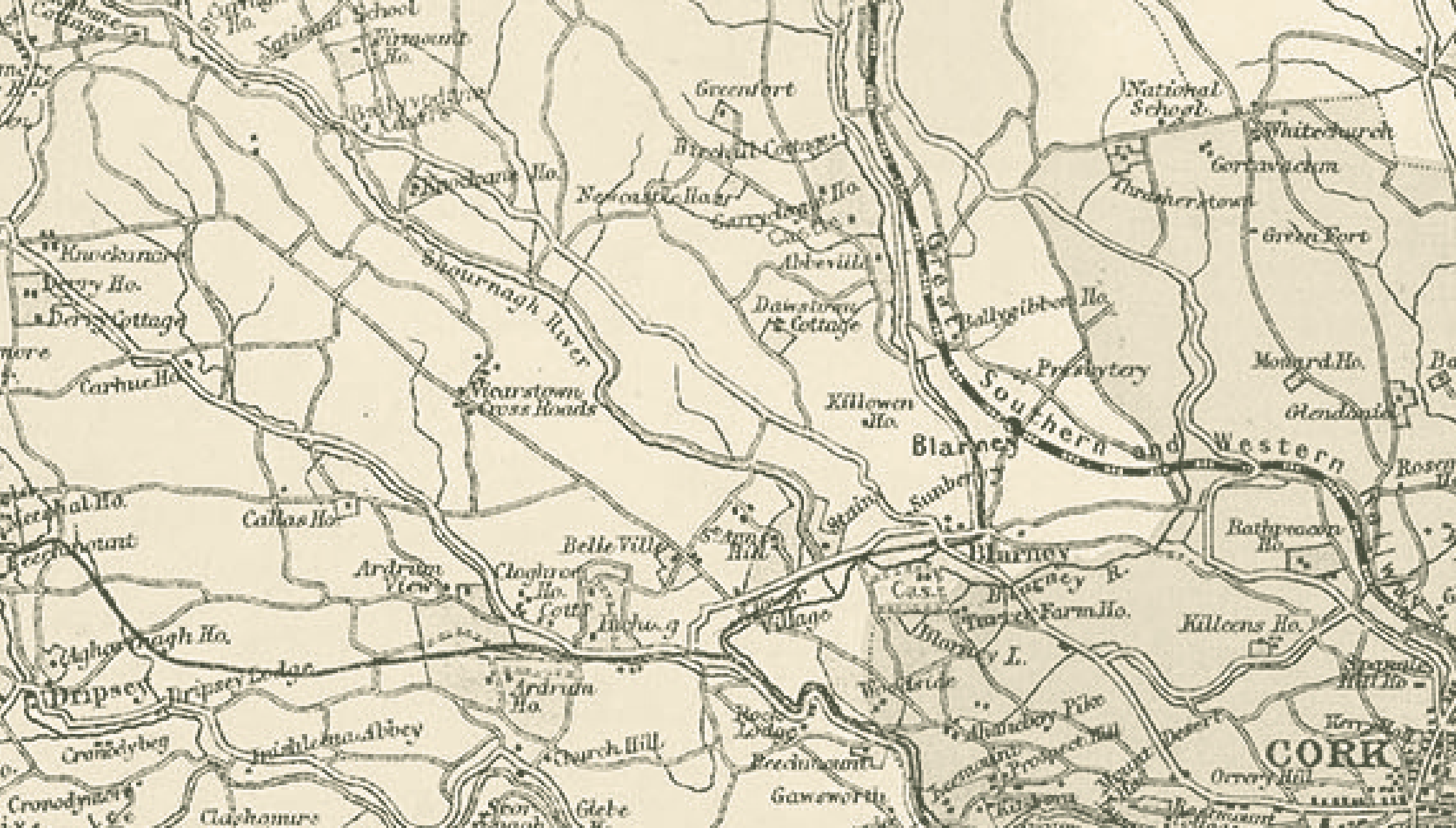
CORN & LEEK CHOWDER (VG) (GF) (LF) (2)(4)	€6.95
TODAY'S HOMEMADE SOUP (V) (1)(4)(5)	€6.95
CHEF'S WEST CORK SEAFOOD CHOWDER (1)(4)(5)(7)(12)(13)(14) Salmon, Smoked Haddock, Cod, Fresh Mussels & Prawns served with Homemade Garlic Cheesy Bread	€13.50
CRISP COS CAESAR SALAD (1)(2)(5)(6) with Bacon, Parmesan Shavings, Crispy Croutons, Caesar Dressing <i>Add chicken or BBQ salmon €3.50 (13)</i>	€11.50
SUPERFOOD SALAD (GF) (2)(5)(8) Tender Stem Broccoli, Quinoa, Feta Cheese, Pomegranate, Toasted Seeds, Roast Sweet Potato <i>Add Chicken or BBQ Salmon €3.50 (13)</i> <i>Vegan Feta Cheese available on request, please ask your Server</i>	€11.50
SMOKED CHICKEN SALAD (2)(8)(11) Avocado, Sun Blushed Tomatoes, Mango & Toasted Cashew Nuts	€12.95
GRILLED HALLOUMI (GF)(LF)(2)(5)(8) Watermelon, Sugar Snap Peas & Toasted Pumpkin Seeds <i>Vegan Halloumi available on request, please ask your Server</i>	€10.95
AVOCADO & GREEK FETA SALAD (GF)(LF)(2)(5)(11) Cherry Tomato & Toasted Flaked Almonds <i>Add chicken or BBQ salmon €3.50 (13)</i> <i>Vegan Feta available on request, please ask your Server</i>	€10.95
TANDOORI CHICKEN SALAD (2)(5)(6) Crispy Onion Bhaji, Tomato, Onion & Coriander Sambal with Shaved Cucumber & Mint Yoghurt Dressing	€12.95

All Salads are made with a House Mix of Baby Spinach, Rocket, Baby Kale & Seasonal Mixed Leaves & a Balsamic House Dressing.

SIDE ORDERS - €3.75

• Sweet Potato Fries (1)(2)	• Garden Salad (2)(8)
• Skin on Fries (1)(2)	• Mixed Vegetables (5)
• Spicy Wedge (1)(2)	• Homemade Onion Rings
• Mash Potato (5)(7)	with Smokey Mayo (1)(2)(5)
• Homemade garlic cheesy bread (1)(2)(5)	• Garlic Mayonnaise (5) €0.50

All deep fried sides will contain trace elements of gluten – please ask your Server if you require completely gluten free and we will be happy to prepare for you.



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