

THE NEAD CAFÉ LUNCH MENU

Open 7 days: Served from 12pm – 4pm

SMALL PLATES & STARTERS

Homemade Soup of the Day – €6.50
Served with Homemade Heir Island Brown Bread ^(1,3,7,9)

Soup and Sandwich Board: Homemade soup of the day and Sandwich – €15.00
(Choose between Toasted Special or Roast Chicken Sandwich)

Seafood Chowder – €12.50
Selection of Fresh Atlantic Fish and Shellfish ^(1,3,4,7,9,12)

Chickpea, Sundried Tomato and Feta Roll – €12.50
Chickpea, Sundried Tomato, Roasted Pepper and Feta 'sausage roll' topped with seeds and served with Carrot Salad ^(1,7)

Sausage Roll – €14.50
Dempsey's Sausage and Leek and Apple roll served with House Fries and Garden Leaves ^(1,3,4,7,9,12)

Irish Market Farmhouse Cheese – €12.50
Isle of Crackers, Apple and Raisin Chutney ^(1,3,7,9,10,12)



LARGER PLATES

Glenbeigh Mussels – €13.50
Kinsale Stonewall Cider and Ndjuja Cream and Toasted Sourdough ^(1,3,7,10,14)

Traditional Venison Stew – €18.50
Slow cooked Stew of Diced Kerry Venison, Potato, Carrot, Celery, Onion with Pearl Barley ^(9,10,12)

Lamb Koftas – €14.00
Ring of Kerry Lamb Koftas, Homemade Tzatziki, Toasted Pitta, Garden Salad and House Fries ^(1,6,10,12)

An Nead Burger – €14.50
4oz Irish Beef Burger topped with Bacon Jam, Smoked Gubeen Farmhouse Cheese, Mixed Leaves and Tomato served with House Fries ^(1,3,6,7,10,12)

Beer Battered Fish and Chips €22.50
Tom Crean's Beer Battered Fish and Chips with Pea and Mint Pureé, Tartar Sauce and House Fries ^(1,3,4,7,10)

SELECTION OF SANDWICHES

West Cork Prawns in Marie-Rose – €15.50
West Cork Prawns in Brandy Marie-Rose with Homemade Heir Island Brown Bread, served with Garden Salad ^(1,2,3,4,7,10)

Potted Goatsbridge Smoked Trout – €14.50
Goatsbridge Smoked Trout with Soft Cheese, Caper Berries on Homemade Heir Island Brown Bread, served with Garden Salad and a basket of Toasted Sourdough and Heir Island Brown Bread ^(1,2,3,4,6,7,10,12)

Egg and Chive – €12.50
Forest Farm Waterville Egg, Chive and Mayonnaise on Homemade Heir Island Brown Bread, served with Garden Salad ^(1,3,7,10,12)

The Nead 'Toasted Special' – €10.50
Ham, Farmhouse Cheese, Tomato and Onion melted on Toasted Sourdough with Red Onion and Vine Tomato, served with a side of Homemade Sweet Apple and Raisin Chutney, Garden Salad and Potato Crisps ^(1,3,7,10,12)

Roast Chicken – €10.50
Roast Chicken, Herb Stuffing and Mayonnaise, served on Toasted Sourdough with a side of Garden Salad and Potato Crisps ^(1,3,7,10,12)

SELECTION OF SIDES

House Fries	€4.50
Homemade Heir Island Brown Bread ^(1,7,10)	€2.50
Garden Salad	€4.50

SWEETS & CAKES

Please visit our counter for a selection of Homemade Cakes and Pastries including Gluten Free options



Independently minded



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ALLERGENS 1 Cereals (containing gluten), 2 Crustaceans, 3 Eggs, 4 Fish, 5 Peanut, 6 Soybeans, 7 Milk, 8 Nuts, 9 Celery, 10 Mustard, 11 Sesame Seeds, 12 Sulphur Dioxide & Sulphites, 13 Lupins, 14 Molluscs