

## Lunch 12 noon – 4pm

### Small Plates and Starters

**Homemade of the Day** (1 wheat, 3,7,9)  
Served with Homemade Heir Island Brown Bread  
€6.50

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

**Hoisin Silver Hill Duck Wings** (6,9,10,11)  
Lime and Garlic Aoili, Shichimi Togorashi €14.00

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

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

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

**Irish Market Farmhouse Cheese** (1 wheat and rye,3,7,9,10,12)  
Isle of Crackers, Apple & Raisin Chutney €12.50

**Soup & Sandwich Board** (choose between Toasted Special or Roast Chicken Sandwich)  
Homemade soup of the day and sandwich €15.00

### Larger Plates

**Lamb Koftas** (1 wheat,6,10,12)  
Ring of Kerry Lamb Koftas, Homemade Tzatziki, Toasted Pitta, Garden Salad & House Fries €14.00

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

**Traditional Irish Stew** (9,10,12)  
Slow cooked Stew of Diced Local Lamb, Potato, Carrot, Turnip, Celery, Onion and Fresh Rosemary & Thyme Broth €18.50

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

**Smoked Bacon & Cabbage** (7,9,10,12)  
Smoked Bacon Chop with Charred Ardfert York Cabbage, Creamy Mash, Sauce Soubise €22.50

### Selection of Sides

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

### Sweets & Cakes

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

### Selection of Sandwiches

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

**Potted Goatsbridge Smoked Trout** (1 wheat ,2,3,4,6,7,10,12)  
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 €14.50

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

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

**Roast Chicken Sandwich** (1 wheat,3,7,10,12)  
Roast Chicken, Herb Stuffing & Mayonnaise, Served on Toasted Sourdough with a side of Garden Salad & Potato Crisps €10.50

**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