



LA MARINE
BAR & BISTRO

MID-DAY MENU

Vegetarian Soup of the Day (G)	€5.50
La Marine Creamy Seafood & Saffron Chowder (G)	€8.60
Grilled Glenbeigh Mussels in Garlic Butter (G)	€9.25
Roast Mixed Beetroot Salad with Mayfield Goats Cheese on Grilled Sourdough	€8.95
Sauté Chicken Livers deglazed on Sourdough Crostini with Organic Leaves	€9.95
Seared Fillet Steak on Sourdough Bread with Fried Egg, Gruyere Cheese & Skinny Fries	€15.60
Grilled Chicken Bruschetta with Avocado Salsa, Basil Pesto & Crispy Wedges	€11.50
Crispy Duck Confit with Creamy Leeks, Potato Wedges & Red Wine Jus (G)	€16.70
Pan Fried Fillet of Salmon with Teriyaki, Kale & Barley Salad	€16.45
Dish of the Day	P.O.R.

Bliss Bowls - €12.95

Seared Fresh Tuna with Cucumber, Spinach, Red Onion, Dill, Lemon & Olive Oil Dressing (G)

Sweet Potato & Quinoa Salad, Feta Cheese, Chia Seeds, Avocado, Cherry Tomatoes, Balsamic Dressing

Warm Cajun Chicken & Bulger Wheat Salad with Almonds, Red Cabbage, Honey & Mustard Dressing

Side Orders

Gratin Dauphinois (G)	€3.95
Crispy Potato Wedges	€3.95
Tossed Green Salad with a Choice of Dressing	€4.15
▪ Olive Oil Dressing (G)	
▪ Balsamic Dressing	
▪ French Dressing	

Dessert

Vanilla Crème Brûlée with Shortbread Biscuit	€7.95
Lemon Meringue with Raspberry Sorbet (G)	€7.95
Espresso Panna Cotta with Hazelnut Brittle (G)	€7.95
Rich Chocolate Mousse with Roast White Chocolate & Orange Biscotti	€7.95
Warm Apple & Plum Cobbler with Mascarpone Ice Cream	€7.95
Chilli & Saffron Poached Pear with Vanilla Bean Ice Cream & Crumble	€7.95
Selection of Cheese	€9.25
Dessert of the Day	€7.10

A Selection of Teas, Espresso Coffee, Café Latte & Cappuccino Available

Gratuities at your discretion MOBILE FREE ZONE

15.2.19

Gluten Free (G) We can adapt Desserts to Gluten Free

