



LUNCH MENU

STARTERS

Vegetarian Soup of the Day	€6.75
La Marine Creamy Seafood & Saffron Chowder	€9.25
Grilled Glenbeigh Harbour Mussels with Garlic & Parsley Butter	€9.95
Smoked Haddock Potato Cake with Sauce Gribiche, Tomato Relish & Watercress	€10.25
Warm Roast Cauliflower & Gruyere Mousse, Jerusalem Artichoke, Smoked Almond Crumb	€8.95

MAIN COURSES

Slow Cooked Leg of Lamb on the Bone, Sarladaises Potato, Roast Garden Vegetables & Gravy	€19.75
La Marine Chicken Bruschetta & Avocado Salsa, Basil Pesto & Crispy Potato Wedges	€15.85
Salmon Glazed Miso, Crispy Black Rice, Sauté Garden Vegetables, Miso Broth & Rice Noodles	€20.25
Grilled Hake, Herb & Nut Crumb, Cauliflower & Broccoli, Mornay Sauce & Potato Mash	€18.95
Chickpea Falafel, Carrot Hummus, Coriander & Tahini Dressing, Garden Leaves (V)	€18.25
Dish of the Day	P.O.R.

Bliss Bowls - €15.75

Smoked & Spiced Chicken with Romaine Lettuce, Cucumber, Avocado, Celery & Sour Cream, Dill Dressing

Winter Panzanella Salad with Toasted Beetroot, Roast Butternut Squash, Grapefruit, Herb Croutons & Blue Cheese Dressing

SIDE ORDERS

Potato Gratin	€4.75
Creamed Potato	€4.75
Crispy Potato Wedges	€4.75
Skinny Fries	€4.75
Garden Vegetables	€4.75
Tossed Green Salad with a Choice of Dressing	€4.75
• Garden Herb Dressing	
• Dill Dressing	
• French Dressing	

DESSERTS

Coconut Rice Pudding with Homemade Orange Jam	€7.75
Rhubarb & Berry Tart, Rose Meringue & Rhubarb Sorbet	€7.95
Trio of Chocolate Mousse with Orange Biscotti	€8.75
Irish Cheeseboard with Apple Chutney: Cashel Blue, Cooleeney, Mature Cheddar, Durrus	€10.50
Dessert of the Day	€8.00