

# Cois Locha Restaurant Menu

## Starters

### **Melon with Serrano ham**

watermelon, galia & honeydew,  
serrano ham & blackberry & cardamon reduction (GF)

### **Goats' Cheese, Pear & Walnut(7,8)**

Rocket, pear & walnut dressed with olive oil & sea salt,  
beetroot glaze & chargrilled |goats cheese

### **Prawn & Chorizo (1,2,4,7,12) (AGF)**

Sauté prawn & chorizo, cherry tomato & garlic sauce,  
served with toasted garlic bread

### **Homemade Soup of the day (1,3,7,10,11,12) (AGF)**

With freshly baked bread

### **Grilled Portobello mushroom (7,9,12) (GF)**

With beef tomato, mozzarella cheese, sweet pepper & tomato sauce & basil oil

### **Warm Smoked Chicken Salad with Sundried Tomatoes & Crispy Bacon(10,12)**

Honey & Mustard dressed salad leaves

## Mains

### **Grilled Hereford 10oz Sirloin steak (GF) (Supplement €7.95)**

(1,6,7,10,12)

with champ potato, tempura onion rings, whiskey peppercorn sauce

### **Oven Roasted Chicken Supreme (7,9,12) (GF)**

Garlic Mash & wild mushroom cream.

### **Pan seared fillet of Salmon (2,4,6,7,9,12,14)**

with seared garlic prawns & sauce Vierge

### **Slow oven roasted pork belly (1,6,7,12) (AGF)**

apple puree, red wine reduction, on puree potato & crispy onion

### **Crispy boneless half roast duck (7,12) (GF)**

braised red cabbage orange & Cointreau reduction

### **Chickpea, Potato & Spinach Curry**

Poppadom basket & basmati rice (1,7,8,9) (AGF)

### **Baked fillet of hake (2,4,7,10,12,14)**

Served with crab risotto & braised asparagus

## Desserts

### **Homemade cheesecake (1,3,7,8)**

Please ask your server for today's flavour

### **Warm Apple & cinnamon crumble (1,3,7,8,12)**

Crème anglaise & vanilla ice cream

### **Banoffee pie (1,3,7,8)**

Fresh bananas, Chantilly cream & toffee on a biscuit base, butterscotch sauce

### **Strawberry Mille Feuille (1,3,7,8)**

puff pastry, strawberries & cream

### **Strawberry & ginger crème Brulee (1,3,7,8) (AGF)**

With shortbread biscuits

### **Trio of Ice- Creams (1,3,7,8) AGF**

in a chocolate wafer basket, with butterscotch sauce

### **Warm Chocolate Brownie (1,3,7,8)**

Vanilla ice-cream & chocolate sauce

## **Tea or Coffee**

€22.00 Mains only tea / coffee

€30.00 Mains and dessert / starter & tea / coffee

€38.00 Starter / mains / dessert & tea / coffee

### ***Please ask to see our extensive Cocktail menu***

- *Some products are produced alongside nuts / nut oil so we cannot guarantee no trace.*
- *GF/AGF; If you are coeliac, highlighted dishes are Gluten Free / Available Gluten Free*
- *A range of other dishes can be prepared without gluten with minor adjustments so please inform your server. All soups, chowders, sauces are gluten free.*
- *Please ask your server to see our wine list supplied by Findlater wines.*
- *Please ask your server for our Vegan menu.*
- *All our breads & desserts are made in the hotel by our pastry team.*
- *All of our beef is Irish Hereford & sourced locally in ABP Nenagh and can be fully traced from farm to fork.*

**ALLERGENS:** 1=cereals containing gluten, 2= crustaceans, 3=eggs, 4=fish, 5= peanuts, 6= soya, 7= milk, 8 =nuts, 9= celery/celeriac, 10 =mustard, 11= sesame seeds, 12= Sulphur dioxide (sulphites), 13= lupin, 14= mollusc

