

# Cois Locha Restaurant Menu

## Starter

### **Oak smoked salmon (4,7,10,12)**

Cream cheese lemon chive, with honey mustard dressing and seasonal leaves.

### **Melon with tropical sorbet**

watermelon, galia & honeydew sorbet & mix berry coulis (GF)

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

Mixed leaves, pear & walnut dressed in house dressing  
beetroot glaze & chargrilled | goat's cheese

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

With freshly baked bread

### **Limerick Pulled Ham and Applewood Smoked Cheese Potato Croquette (1w,3,7,10,12)**

With rocket leaves, and smoked paprika aioli

## *Mains*

### **10oz Prime Angus Sirloin steak (GF) (Supplement €8.50) (1,6,7,10,12)**

Cooked to your liking. Served with a choice of cracked black peppercorn sauce, garlic butter or red wine jus and crispy onion rings. With a choice of creamed potatoes & roasted vegetables, or chips & salad.

### **Escalope Chicken Supreme (7,9,12) (GF)**

with a pesto & serrano herb crust  
roasted sweet potato and a lemon cream sauce

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

Leek & Samphire, white wine sauce

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

apple puree, served on celeriac puree with pan jus sauce

### **Pan-seared Seabass(7,12)**

With buttered greens, sauteed baby potatoes & shellfish cream sauce

### **Healthy Mexican Bowl (3,9,10,12,13)**

Salad bowl with mixed leaves, avocados, pinto beans, kidney beans, Sicilian sundried cherry tomato, fresh coriander and crushed chili tortilla chips.

**Add southern chicken (3,9,10,12,13)**

**Or add baked fillet salmon with sundried tomato butter (3,4,7,10,12,13)**

## *Desserts*

### **Cheesecake of the Day (1,3,7,8)**

with a fruit coulis & fresh cream

### **Warm Apple Sponge(1w,3,7,10,12)**

Served with bourbon vanilla ice cream, and custard.

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

with vanilla ice cream & chocolate sauce

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

with caramel and chocolate sauce

### **Tiramisu (1,3,6,7,10)**

lady finger biscuits soaked in coffee & rum  
with sweetened mascarpone cheese & cocoa

### **Sticky Toffee Pudding (1,3,7)**

with caramel sauce and vanilla ice cream

## **Tea or Coffee**

*€25.00 Mains only tea / coffee*

*€37.50 Mains and dessert /starter & tea / coffee*

*€47.00 Starter /mains /dessert & tea /coffee*

**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