

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

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

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

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**

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

Larger Plates

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

Traditional Venison Stew (9,10,12)
Slow cooked Stew of Diced Kerry Venison, Potato, Carrot, Celery, Onion with Pearl Barley **€18.50**

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**

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**

Selection of Sides

Heir Island Brown Bread (1 wheat,7,10) **€2.50**
House Fries **€4.50**
Garden 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, Garden Salad and Potato Crisps **€10.50**
(open brown bread option available with Tomato Relish)

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