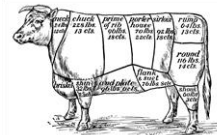


TO START



SOUP OF THE DAY €5 ^C Possible 8.12.13. Please Ask

SERVED WITH OUR FRESHLY MADE SODA BREAD

LOUGHNANE CRACKED BLACK PEPPER SAUSAGE ROLLS €8 ^{1.2.11}

WATERCRESS AND RED ONION SALAD WITH COARSE GRAIN MUSTARD DRESSING

BUFFALO CHICKEN WINGS €8 ^{2.11.12}

FRANKS HOT SAUCE, CASHEL BLUE CHEESE & CELERY MOUSSE, PICKLED BABY CARROTS

A VERY SPECIAL CAESAR SALAD ^{1.2.5.11} For Gf Please Ask For GF Croutons

NOT SO BIG €8 Full €11

BABY GEM LETTUCE, SOUR DOUGH BASIL CROUTONS, CÁIS NA TÍRE HARD SHEEP'S CHEESE
FROM TERRYGLASS, CHERRY TOMATOES, CRISPY BACON, HOUSE DRESSING
ADD GRILLED CHICKEN FILLET €4

KENMARE SELECT SMOKED SALMON SOUR DOUGH FOCACCIA €9 ^{1.2.5.11}

5 MILE TOWN CREAM CHEESE, AVOCADO, RED ONION & TOMATO SALSA

Vegan/
Vegetarian
Quorn
Versions now
Available on all
Salads

BURGERS & SALADS

THAI SPICY BEEF SALAD ^{6.7.10.11}

CHINESE LEAVES, FIERY STEAK TIPS, FRESH MANGO, CORIANDER, MINT, SPRING ONIONS, PEANUTS, TOASTED SESAME & CHILLI DRESSING €15

THE CLEOPATRA ^{1.2.6.10}

CHARGILLED CHICKEN BREAST, MIXED LEAVES, FRESH FRUITS, TOASTED CASHEW NUTS, RASPBERRY VINAIGRETTE €14

THE ABBOT'S BURGER ^{1.2.11}

TOPPED WITH SMOKED FIVE MILE TOWN CHEDDAR
AND DRY CURED STREAKY BACON SERVED
WITH SALAD GARNISH AND CHIPS € 15

THE MONSIGNOR BURGER ^{1.2.11}

HOUSE MADE TURKEY BURGER FLAVOURED WITH SAGE AND ONION,
CHORIZO AND BACON MARMALADE, EMMENTAL CHEESE
WITH SALAD GARNISH AND CHIPS € 15

THE KNOCKATEE BURGER ^{1.2.11}

TOPPED WITH PETER IRESON'S AWARD WINNING KNOCKATEE KERRY
BLUE CHEESE, BALLYMALLOE RELISH WITH SALAD GARNISH AND CHIPS
€15 ADD DRY CURED SMOKED BACON €1.50

CHICKEN FILLET BURGER ^{1.11}

LETTUCE, TOMATO, ONION, MAYONNAISE SERVED WITH CHIPS €15
ADD DRY CURED SMOKED BACON €1.50
SMOKED FIVE MILE TOWN CHEDDAR €1.50²
OR GRILLED CHICKEN FILLET WITH PEPPER SAUCE²
SERVED WITH SALAD GARNISH AND CHIPS

FROM THE SEA

OAT MEAL, HERB AND LEMON CRUSTED ST. GEORGE CHANNEL HADDOCK €17 ^{1.2.5.11}

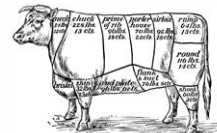
HOUSE TARTARE SAUCE, MUSHY PEAS & CHIPS

GRILLED FILLETS OF SEA BASS €20 ^{2.3.5}

ASPARAGUS RISOTTO, LOBSTER & SOREL DRIZZLE

FROM THE GRILL

ALL OUR STEAKS ARE SOURCED IN THE COUNTY OF TIPPERARY,
AGED TO PERFECTION AND CHARGILLED



10OZ SIRLOIN € 24

10OZ RIBEYE STEAK € 20

8OZ FILLET STEAK € 29 (€6 Supplement for Inclusive)

PLEASE ALLOW 20 - 25 MINUTES FOR WELL DONE & VERY WELL DONE ORDERS, W.D. AND VWD FILLETS ARE BUTTERFLY CUT

WITH YOUR STEAK PLEASE CHOOSE EITHER

PEPPER SAUCE,² CHIMICHURRI SAUCE, PETER IRESON'S MELTED KERRY BLUE CHEESE,² GARLIC & PARSLEY BUTTER,²

GRILLS ARE SERVED WITH GARLIC POTATOES, GRILLED PLUM VINE TOMATO, CHIPS OR MASH²

SMOKIN' JOE'S SIZZLING ½ CHICKEN

ORANGE & JAMESON WHISKEY BBQ SAUCE. SERVED WITH CHIPS AND TOSSED SALAD €17

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS

VEGETARIAN

PLEASE CHOOSE SIDES

SPINACH & GOATS CHEESE FILO PIE^{1.2.11}

PEIDRO XEMINEZ SHERRY SOAKED SULTANAS
& ROASTED HAZELNUT NUTS €16

SWEET POTATO FALAFEL WRAP^{2.9}

RED PEPPER AND GARLIC HUMMUS, RAITA GREEK YOGURT €16

SIDES €3

CREAMY MASHED POTATOES² BROCCOLI AND/OR CARROTS COLE SLAW^{1.2} ONIONS AND/OR MUSHROOMS
ONION RING LOAF TOSSED SALAD, SUN DRIED TOMATO AND HERB VINAIGRETTE POTATO OF THE DAY CHIPS MUSHY PEAS

DESSERTS €6

CHEESE CAKE^{1.2.6.10.11}

PLEASE ASK YOUR SERVER FOR
TODAY'S FLAVOUR

APPLE PIE^{1.2.6.10.11}

SERVED HOT OR COLD WITH CREAM
AND OR A SCOOP OF ICE CREAM

CHOCOLATE FUDGE CAKE^{1.2.6.10.11}
CHOCOLATE SAUCE

STICKY TOFFEE PUDDING^{1.2.6.10.11}
VANILLA CUSTARD € 6

SNICKERS PIE^{€ 1.2.6.10}
FROM THE ORIGINAL SNICKERS
BAR

BREAD AND BUTTER PUDDING^{1.2.6.10.11}
WITH TONKA BEANS AND IRISH MIST HONEY
LIQUEUR, VANILLA CUSTARD

FRESH FRUIT SALAD^{€ 1.2}

WITH YOUR CHOICE OF ICE CREAM OR SORBET

ALLERGENS AND DIET GUIDE

AS A GUEST OF GREAT NATIONAL THE ABBEY COURT HOTEL AND SPA WE WOULD ASK THAT YOU TO DO THE FOLLOWING: INFORM THE WAITING STAFF/SERVER/CHEF OF ANY DIETARY REQUIREMENTS OR ALLERGIES AND HOW SEVERE THESE FOOD ALLERGIES OR INTOLERANCES ARE.

PLEASE READ MENUS CAREFULLY TO SEE IF THERE IS ANY MENTION OF THE FOOD YOU REACT TO IN THE NAME OR DESCRIPTION OF A DISH. CHECK WITH THE WAITER OR WAITRESS ABOUT THE WHOLE DISH – FOR EXAMPLE, A PIZZA BASE MAY CONTAIN AN UNEXPECTED INGREDIENT, OR BUTTER MAY HAVE BEEN ADDED TO VEGETABLES, OR GRAVY MAY CONTAIN MILK POWDER.

CHECK WHAT ALLERGENS ARE IN THE DISH EVEN IF THEY HAVE EATEN IT BEFORE; RECIPES AND INGREDIENTS CAN CHANGE.

WATCH OUT WHEN USING SELF-SERVICE AREAS

BE AWARE OF PARTICULAR DISHES SUCH AS NORTH AFRICAN, CHINESE, THAI, INDIAN AND MALAYSIAN, BECAUSE THEY OFTEN CONTAIN PEANUTS, NUTS AND SESAME & SOYA.

BE AWARE THAT IT IS COMMON PRACTICE FOR A WOK OR FRYING PAN TO BE WIPED BETWEEN DISHES AS THE HIGH COOKING TEMPERATURES INVOLVED KILL ANY GERMS. BUT THIS DOESN'T REMOVE TRACES OF ALLERGENS.

IN LINE WITH THE EUFIC REGULATION IF ANY OF THE INGREDIENTS BELOW ARE INCLUDED IN A DISH IT WILL BE MARKED ACCORDINGLY. ~~14~~ALLERGENS ARE INCLUDED IN THIS LIST:

- | | |
|-------------------------------|-----------------------------------|
| 1. EGGS | 2. MILK/MILK PRODUCTS E.G. BUTTER |
| 3. SHELLFISH | 4. MOLLUSCS |
| 5. FISH | 6. PEANUTS |
| 7. SESAME | 8. SOYA |
| 9. SULPHUR DIOXIDE | 10. NUTS |
| 11. CEREALS CONTAINING GLUTEN | 12. CELERY |
| 13. MUSTARD | 14. LUPIN |

A NOTE ABOUT OUR SUPPLIERS:

BUTCHER MEAT, POULTRY & GAME: JOHN LANE & SONS, TRALEE, PALLAS FOODS, NEWCASTLE WEST, LYNUS FOODS, COLLERAINE. CHEESE: KILLEEN FARMHOUSE, BALLINASLOE, KNOCKATEE FARM, KERRY, CAIS NA TIRE, TERRYGLASS. MARION ROEVALD'S CHEESE, PORTUMNA. CARRIGBYRNE CHEESES, WEXFORD. FRUIT AND VEGETABLES: RICHARDSONS FOODS, LIMERICK, LA ROUSSE FOODS, DUBLIN, REDMOND FINE FOODS, KILDARE, FISH: STAR SEAFOOD, KENMARE, WILD BOAR: BALLINWILLAN FARM, CORK. MUNGO MURPHY'S SEAWEED CO, CO DONEGAL. GLIN VALLEY FREE RANGE CHICKEN.

ICE CREAM AND SORBETS, BOULABANE FARMS, ROSCREA. MILK AND BUTTER: ARRABAWN DAIRIES, NENAGH