



Cocktail Bar Lunch Menu

at the Red Cow Moran Hotel



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LIGHT BITES

Red Cow Seafood Chowder 2,4,7,9,12 €8.95
A selection of fresh & smoked Kilmore Quay white fish and salmon cooked in a rich white wine and cream base, with dill, fine diced vegetables, served with house made brown bread

Caesar Salad 1, 3, 4, 7 €6.95
Crisp cos lettuce, croutons, warm bacon lardons coated with Caesar dressing and shaved parmesan

With Breast of Chicken as a main course €13.95

Blueberry Broccoli Spinach Salad 8,10,11 €14.50
Mixed leaves, blueberries, tender stem broccoli, toasted pine nuts, poppy seed dressing

Antipasto Platter 1, 6, 8, 10 €13.95
A selection of cured meat, Irish cheeses, olives, sun-dried tomato tapenade and crisp sourdough bread sticks

SANDWICHES

Red Cow Sourdough 1, 3, 7, 10 €10.75
Finely sliced rib of Limerick beef, Irish cheddar, mixed leaves, horseradish cream

Roast Turkey Blaa 1, 3, 7,10 €10.75
Turkey breast with Wicklow Brie, rocket leaves and cranberry relish

Club Sandwich 1,3,7,10 €10.75
Roast chicken, grilled bacon, lettuce, tomato, boiled free range egg and mayo on triple toasted bread

Open Boston Prawn Sandwich 1, 2, 3, 7, 10 €11.95
House made brown bread topped with a rich tabasco Marie Rose

Chicken Panini 1, 3, 7, 10 €10.75
Grilled chicken strips coated in Louisiana spices with rich mayonnaise

Pulled Pork 1, 3, 7, 10 €10.75
Slow cooked shoulder of Limerick pork lightly spiced and served in a warm brioche bap with red cabbage slaw

Warm Herb Focaccia 1, 3, 7, 8, 10 €10.75
Roast peppers, vine tomatoes, West Cork buffalo mozzarella, basil pesto

All served with fries or salad

Toasted specials and wraps on request €7.75

Gluten free bread available.

All of our beef is sourced from Bob Burke's butchers in Newcastle West Co. Limerick. All of our fish is sourced from Atlantis Seafood's in Kilmore Quay Co. Wexford. We strive where possible to source all of our vegetables and potatoes locally.

MAINS

From 12.00pm – 4pm

House Curry of the Week €14.95
Your server will advise

Kilmore Quay Fresh Fish and Chips 1, 3, 4, 7, 12 €14.50
Fresh white fish in a crisp ale batter served with chunky chips, peas and house made tartar sauce

Slow Cooked Tomato Basil Ragù 1,3,9,10 €13.95
Tagliatelle, tomato ragù, spinach and parmesan

Add Prawns (2) or Chicken €3.50

Savoury Vegetarian Omelette 3,7 €10.95
Three egg omelette with diced tomato, onion and sliced mushroom served with salad and fries

Fish of the day €14.95

Special of the day €13.95

Joint of the day €14.95

SIDE ORDERS

Baby boiled potatoes with parsley butter 7 €3.75

Chunky fries €3.75

Rocket and Parmesan salad 7, 10 €3.75

Sautéed onions 7 €3.75

Sugar snap peas 7 €3.75

Creamy peppercorn sauce 1, 7, 12 €2.50

TEA & COFFEE

Tea / Coffee and homemade fruit scone €6.10

Selection of muffins €2.45

Pot of coffee for one €2.75

Cappuccino/Americano €3.95

Café Latte €3.95

Espresso €3.95

Double espresso €3.95

Calypso coffee €6.45

Irish coffee €6.45

Bailey's coffee €6.45

French coffee €6.45

House Blend Tea €2.90

Fruit and herbal infusions €2.90

Hot chocolate €3.95

WINES

Red Wine From €7.50 €28.00

White Wine From €7.50 €28.00

Allergen Information: Gluten = 1; Crustaceans = 2; Eggs = 3; Fish = 4; Peanuts = 5; Soybeans = 6; Milk = 7; Nuts = 8; Celery = 9; Mustard = 10; Sesame Seeds = 11; Sulphur Dioxide & Sulphites = 12; Lupin = 13; Molluscs = 14