



# ATRIUM

AT THE RED COW MORAN HOTEL

*We endeavour to source as much of our produce from local, Irish suppliers, where this is not possible, we only use ethically sourced ingredients.*

**V - Vegetarian VE - Vegan**

## STARTERS

**GRILLED ASPARAGUS (3,7) €9.95**

With poached free-range eggs & balsamic reduction

**SPICY CHICKEN WINGS (1,7,9,12) €9.50**

Tossed in a Louisiana butter sauce with garlic dip & celery

**CAPRESE SALAD (7,8,12, Pine nuts) €9.50**

Traditional Style with Macroom buffalo mozzarella, beef tomatoes, basil pesto & rocket leaves

**CHEESY RAVIOLI FRITTI (V) (1,7,9,12) €8.75**

Four-cheese ravioli in a spicy arrabbiata sauce

**CREAMED SOUP OF THE DAY (1,7) €6.50**

Served with homemade bread (1)

**FRESH HOMEMADE BROTH (2,6,7,9,13) €6.50**

Served with homemade bread (1)

**GARLIC BREAD, OLIVE OIL, PARSLEY (VE) (1) €6.50**

**CHEESY GARLIC BREAD (1,7) €6.75**

**SIMPLY WARM SOURDOUGH (VE) (1,12) €4.15**

Tear-&-share sourdough, extra virgin olive oil & balsamic

## BRUSCHETTA

**SMOKED PROVOLA & MOZZARELLA CHEESE €7.95**

(3,4,8 Pine nuts)

**TOMATO (VE) (1,7,8,12, Pine nuts) €7.25**

Slow-roasted tomatoes, Mozzarella, extra virgin olive oil, balsamic & basil pesto

**ROAST PEPPERS (VE) (1) €7.25**

Roasted peppers marinated in extra virgin olive oil & gently flavoured with garlic & parsley

## FROM THE GRILL (Available from 5pm)

*All our meats are cooked on our woodfire Mibrasa grill & served with sautéed mushrooms, crispy tobacco onions, grilled cherry tomatoes & chunky chips with a choice of pepper sauce, garlic butter or mushroom sauce. (1,7,10,12) \**

**HOUSE FAVOURITE - MOHAWK STEAK \* €32.00**

(served on the bone)

**8oz BLACK ANGUS FILLET STEAK \* €31.00**

**10oz BLACK ANGUS RIBEYE STEAK \* €29.00**

**10oz BLACK ANGUS SIRLOIN STEAK\* €28.00**

**GRILLED PORK CHOP \* €26.00**

(ADD KING PRAWNS GARLIC BUTTER (2,7) €5.50)

## SIDES

**PANCETTA & PARMESAN FRIES (1,7) €5.00**

**TENDER STEM BROCCOLI & PINE NUTS (8) €4.00**

**MAC N CHEESE (1,7) €4.00**

**TOBACCO ONION RINGS (1,7) €4.00**

**SAUTEED MUSHROOMS & ONIONS (7) €4.00**

**MIXED GARDEN SALAD (10) €4.00**

**PARMESAN FRIES (1,7) €4.00**

**SKINNY / CHUNKY FRIES €3.25**

## CHILDREN'S MENU

*All children's meals are €8.95 and include a choice of fries, pasta or mash and FREE soft whip ice cream (7)*

**MAC AND CHEESE (1,7)**

**CHICKEN GOUJONS (1,7)**

**HOME MADE FISH GOUJONS (1,4,7)**

**BOB BURKES PORK SAUSAGES (1,9)**

**LINGUINE WITH HOMEMADE TOMATO SAUCE & GRATED PARMESAN (1,7)**

**7" PIZZA MARGARITA (1,7)**

**SPAGHETTI BOLOGNESE (1,7,12)**

## DESSERTS

**ARTISANAL IRISH CHEESE BOARD (1,7,9,12) €12.95**

Selection of Irish cheese (Cashel Blue, Wicklow Brie, Smoked Gubeen), crackers & fruit with a chutney

**TIRAMISU (1,3,7,12) €7.00**

Vanilla ice cream

**FERRERO ROCHER CHEESECAKE (1,3,7) €7.00**

Salted caramel ice cream

**WARM BREAD & BUTTER PUDDING (1,3,7,8) €7.00**

Homemade custard

**ICECREAM IN A WAFER BASKET (1,7) €7.00**

Vanilla, salted caramel, chocolate, strawberry (Choose 3)

## MILKSHAKES

**VANILLA (7) | CHOCOLATE (7) | STRAWBERRY (7) |**

**COOKIE CRUNCH (1,7) small €4.25 | regular €5.75**

## BOOZY SHAKES

**€9.25**

**BOOZY BAILEYS (7)**

Baileys, vanilla ice cream, chocolate shavings

**TOM PEDRO (7)**

Kahlua, vanilla ice cream, chocolate soil

**STRAWBERRY SHORTCAKE CRUMB (7)**

Pink Gin, fresh strawberries, vanilla ice cream

## ALLERGENS

GLUTEN = 1, CRUSTACEANS = 2, EGGS = 3, FISH = 4,  
PEANUTS = 5, SOYA = 6, MILK = 7, NUTS = 8, CELERY = 9,  
MUSTARD = 10, SESAME SEEDS = 11, SULPHUR DIOXIDE &  
SULPHITES = 12, LUPIN = 13, MOLLUSCS = 14



*12" pizzas Alla Romana style with thin base and Wood Fired until crispy. Our dough is vegan and topped with our special homemade tomato sauce and Macroom mozzarella cheese.*

#### FLAT BREADS

*(Vegan mozzarella available on request)  
(add mozzarella, black olive tapenade €1)*

- GARLIC (V) (1,7,12) €5.25**  
Stone-baked with herby garlic butter
- MOZZARELLA & CHORIZO (1,7,12) €7.25**
- CAPRESE (1,7,8, Pine nuts) €7.25**  
Macroom buffalo mozzarella, tomato, basil pesto
- FLATBREAD RED COW STYLE (1,7) €15.00**  
Tender strips of Prime Fillet Steak on bechamel cheese & onion puree, topped with fresh rocket & grated parmesan

#### STONE BAKED PIZZA

- TOM'S CHOICE - HOUSE FAVOURITE (1,3,4,7,8, Pine nuts) €18.50**  
Tender strips of Prime Fillet Steak, red onion, topped off with fresh rocket & a choice of chilli oil, Caesar dressing or basil pesto
- POSH PEPPERONI (1,7,9) €15.50**  
Artisan Irish pepperoni & fennel salami, topped with oregano
- THE PROSCIUTTO (1,7,9) €15.50**  
Prosciutto, Fiorello cheese, fresh rocket & extra virgin olive oil
- MUSHROOM & PARMA HAM (1,7) €15.50**  
Wild & fresh mushrooms with Parma ham
- SOME LIKE IT HOT (1,7,9) €15.50**  
Fiorello cheese, picante, Cajun chicken, spicy artisan Irish pepperoni, oregano & chilli
- THE REBEL (1,7,8, Walnuts) €15.50**  
Ardsallagh goats' cheese, pancetta, candied walnuts, maple syrup
- PIZZA AI FRUTTI DI MARE (1,2,7) €17.50**  
Fiorello cheese, Squid, Mussels & Prawns

- THE VEGGIE (V) (1,7) €15.50**  
Roasted peppers, wild mushrooms & red onion
- LOADED MARGHERITA (V) (1,7,8, Pine nuts) €14.50**  
Fiorello cheese, fresh rocket & Parmesan, basil pesto & extra virgin olive oil
- MOOVELLOUS MARGHERITA (V) (1,7,8, Pine nuts) €13.95**  
Tomato sauce, Macroom mozzarella, basil pesto & extra virgin olive oil

**MAKE YOUR OWN** - add up to four of the following toppings to our Moovellous Margarita

- Any meat @ €2 | Any veg/salad items @ €1
- |               |           |                   |
|---------------|-----------|-------------------|
| Mushrooms     | Pineapple | Pepperoni         |
| Mixed Peppers | Rocket    | Anchovies         |
| Parma Ham     | Olives    | Cashel Blue       |
| Chorizo       | Red Onion | Wicklow Brie      |
| Cajun chicken | Walnuts   | Fresh Basil pesto |
| Pancetta      | Sweetcorn |                   |

#### PASTA

- SEABASS RISOTTO (4,7,12) €24.50**  
Grilled sea bass fillets on a bed of pea & parmesan risotto, topped with rocket leaves
- LINGUINE WITH SEAFOOD (1,2,12,14) €22.00**  
Grilled prawn, mussels, clams, calamari, cooked in white wine, tomato & chilli
- TAGLIATELLE CHICKEN BREAST (1,6,9,12) €22.00**  
Pan fried breast of chicken, crispy Parma Ham, roast peppers & tomato sauce
- CHEFS CHOICE - PRAWN LINGUINE (1,2,7,12) €19.20**  
Garlicky Tiger prawns cooked in white wine, tomato, fennel & chilli & topped with fresh rocket
- LINGUINE POMODORO (1,8,12, Pine nuts) €17.50**  
Cherry tomatoes & fresh basil pesto
- ASPARAGUS & PEA RISOTTO (V) (7,12) €17.50**  
Asparagus, pea & leek, served with Arborio rice, finished with parmesan & rocket leaves
- RIGATONI ARRABBIATA (VE) (1,12) €17.50**  
Chilli, garlic, & tomato
- CLASSIC CARBONARA (1,7) €17.25**  
Cream sauce with smoky pancetta cracked black pepper, leeks & parmesan, casarecce pasta
- SPINACH & RICOTTA RAVIOLI (V) (1,7,8, Pine nuts) €17.25**  
Whipped buffalo ricotta & spinach pasta parcels in tomato sauce with Fiorello cheese & basil pesto
- TAGLIATELLE BOLOGNESE (1,7,12) €16.75**  
Rich pork, beef & red wine ragù, topped with Parmesan

#### ALLERGENS

Please refer to allergens list on the previous