

## Selection of Fresh Sandwiches

Toasted Special €6.50  
Ham, Cheese, Tomato & Onion served with French Fries

Sandwiches with the following fillings available:

Ham, Chicken, Cheese, Tomato, Onion, Egg, Salad, Tuna, stuffing, coleslaw, beetroot, peppers, cucumber

Toasted Sandwich	€4.95
Plain Sandwich	€4.50
Roast of the day Sandwich	€5.95
Open homemade Brown Bread	€7.50

*Panini* €9.50

Panini made to order with the following choice of fillings:

Ham, Chicken, Cheese, Tomato, Onion, Egg, Salad, Tuna, stuffing, coleslaw, beetroot, peppers, cucumber

Served with tossed salad and French Fries

May contain Allergan's: 1, 3, 4, 7 and 11

**Gluten Free Bread Available**

Starters

Soup of the Day €4.50

Served with Homemade brown Soda Bread or a Petiti Pan  
Contains: 7, 9

Moules Marinere €7.95

Whole Shelled Mussels lightly steamed in White Wine, Cream, Garlic, parsley and natural juices from the mussels. Contains: 12, 7

Fish Goujons €5.95

Tossed in Breadcrumbs, Lemon, crackled black pepper, deep fried and served with a tangy flavoured Tartare Sauce Contains: 4, 3

Garlic Bread €4.95

Garlic Soaked Herb Crusts served with a tossed Salad and Garlic Dip.  
Contains: 1

Chicken and Mushroom Vol au Vont €6.50

Finished in a creamy sauce on a freshly baked puff pastry case. Contains: 1, 7

Deep fried Brie €5.95

Wedges of Brie, shallow fried napped with a Mango & Curry Mayonnaise a chiffonade of lettuce. Contains: 1, 9, 10

Egg Mayonnaise €4.95

Free Range Eggs Smothered in Mayonnaise & served on a bed of tossed Salads. Contains: 3

Garlic Mushrooms €5.95

Breaded Mushroom cups, deep fried & served with a Sorrel of lettuce & Garlic Mayonnaise. Contains: 1, 3

### Main Courses

*Oriental Beef & Vegetable Stir-Fry* €15.95

Strips of Sirloin Steak flash fried with Oriental Vegetables, Soya and sweet & sour chilli Chefs Special Sauce served with a thimble of rice

Contains: 1, 6

*Oriental Chicken Stir Fry*

€15.95

Succulent pieces of Chicken stir fried with Oriental Vegetables, Ketjap Manis, and sweet chilli & served with a thimble of rice.

Contains: 1, 6

*Chicken Caesar Salad*

€11.95

Chicken, lardons of Bacon & Croutons rested on a bed of lettuce leaves, drizzled with a classic Caesar dressing

Parmesan an extra option, Vegetarian option available (v) contains: 1, 3

*Gourmet Homemade Steak Burger*

€12.95

Grilled 6oz beef burger, topped with cheddar cheese and a country relish placed on a floured bap. Served with French fries and salad. Contains: 1, 12

*Banger and Mash*

€11.95

Two lightly spiced Jumbo Sausages with mashed Potatoes & mushy Peas

Contains: 1, 7, 11

*Three Egg Omelette*

€12.95

Savoury or plain lightly cooked Omelette with your choice of fillings dressed with a tossed Salad & French Fries. Contains: 3

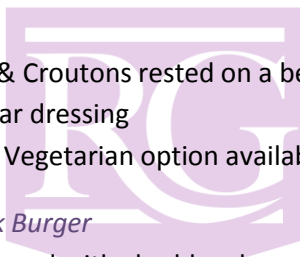
*40Z Sirloin Steak Ciabatta*

€14.95

A 4oz Sirloin Steak pan fried & topped with Sauté Onions & placed in an oven baked Ciabatta with Pepper Sauce served on the side. Served with tossed salad and French Fries Contains: 1, 3, 7

*Beef Steak Lasagne*

€12.95



RHU GLENN  
HOTEL

Ground Beef Steak in a tomato sauce layered with pasta, white sauce oven baked gratinated with cheese & served with a tossed Salad and French Fries.  
Contains: 1, 7

*Chicken Curry* €13.95

Diced succulent pieces of Chicken with Onions in a mild spiced Curry with a thimble of rice. Contains: 1, 9, 10

Vegetarian Option €13.95

Add chips €2.00

*Beef & Onion Pie* €13.95

Succulent chunks of Beef Steak, braised in a red wine & onion Sauce, topped with pastry. Served with French fries and salad or potatoes and vegetables  
Contains: 1, 3, 6

*Supreme of Chicken Rhu Glenn Style* €12.95

Shallow fried in a Golden Crumb & gratinated with a Cheese & Bacon Sauce. Served with potatoes and vegetables. Contains: 1, 3, 7

*Traditional Irish Stew* €11.95

Diced Lamb cooked in a rich stock with diced onion, chunky pieces of potato, carrot, turnip & fresh herbs with house baked Soda Bread .Contains: 1, 7

*Supreme of Chicken Provençale* €11.95

Oven Baked in a rich Tomato, Red wine, Garlic & Herb Sauce placed on a bed of Tagliatelle & Parmesan (Served separately if required) Contains: 1

*Italian Vegetarian Tortellini* €11.95

Pouches of pasta stuffed with ricotta cheese and spinach finished with a creamy spring onion sauce. Contains: 1, 7

*Fish*

*Fish of the Day*

€ Varies

*Freshly caught seasonal fish.*

Can Contain: 1, 7, 4 and 9

*Fish Goujons*

€12.95

Tossed in Breadcrumbs, Lemon, cracked black Pepper, deep fried and served with a tangy flavoured tartare sauce. Contains: 4, 3

*Escalope of Salmon*

€14.95

Escalope of Salmon served in a White Wine & Crème Cheese Sauce

Contains: 1, 4, 7

*All of our fish dishes are served with Vegetables & Potatoes*

*Or Side Salad and Chips*

*Main Courses from the Grill*

*Prime Steaks cooked to your liking:*

*Choose from: 6oz Minute Steak, €16.95/10oz Sirloin Steak, €19.95/  
10oz Fillet Steak, €22.50/ 14oz T-bone steak, €24.50*

*All above served with onion rings, mushrooms and chips or potato.*

*Pepper or Garlic Sauce on request .Contains: 1, 3, 7, 9*

*Rhu Glenn Mixed Grill*

€15.95

*White & Black Pudding, Grilled Tomato, Bacon, Sausages, Lambs Liver,  
Sautéed Mushrooms & Fried Egg.*

*Served with French Fries or Potato Dish of the Day.*

Contains: 1, 7, 10

## The Kids Zone

Chicken nuggets & Chips. Contains: 1	€4.95
Bun Burger & Chips. Contains: 7	€4.95
Sausage & Chips. Contains: 1	€4.95
Fish Goujons & Chips. Contains: 3, 4	€4.95
Add peas / beans with the above	€1.00
½ Portion Roast of the Day	€7.95
Can Contain: 1, 2, 3, 4, 6, 7, 9 and 10	
4oz Steak and Chips	€9.95
Chicken and Tomato Tagliatelle. Contains: 1	€5.95



## Allergan Advice

1. *Wheat*
2. *Crustaceans (crabs, lobsters, crayfish, shrimp, krill and barnacles)*
3. *Egg*
4. *Fish*
5. *Peanuts*
6. *Soy Beans*
7. *Milk + Dairy Products*
8. *Nuts*
9. *Celery*
10. *Mustard*
11. *Sesame Seeds*
12. *Sulphur dioxide & Sulphites*
13. *Lupin (same plant family as peanuts)*
14. *Molluscus (mussels, oysters, winkles, and scallops.)*

**Our standard seasoning contains: 1, 3, 7 and 9**