

# Iona Bar Lunch Menu



SHAMROCK LODGE  
HOTEL

## LIGHT BITES

<b>Soup of the Day</b> Served with a Selection of Breads (6, 7, 9, 12)	<b>€5.50</b>
<b>Chicken &amp; Mushroom Vol au Vent</b> <b>Main Course</b> Served in a Crisp Puff Pastry Case (6, 7, 9, 12)	<b>€7.95</b> <b>€13.95</b>
<b>Classic Caesar Salad</b> <b>Add Chicken</b> Crispy Bacon, Croutons, Parmesan Cheese finished with a Caesar Dressing (6, 11, 13)	<b>€8.95</b> <b>€2.00</b>

## SWEET TREATS

<b>Warm Apple Pie</b> (6, 7, 11)	<b>€6.50</b>
<b>Irish Mist White Chocolate Soufflé</b> (6, 7, 8, 11)	<b>€6.50</b>
<b>Coffee &amp; Walnut Gateaux</b> (5, 6, 7, 10)	<b>€6.50</b>

Please note that although some of our dishes contain gluten; allergen 6, they can be altered to make them gluten friendly.

Allergen Information- (1 & 2) = Shellfish, Crustaceans, Molluscs (3) = Fish (4) = Peanuts (5) = Nuts (6) = Cereals containing Gluten (7) = Milk Products (8) = Soya (9) = Sulphur (10) = Sesame Seeds (11) = Eggs (12) = Celery (13) = Mustard (14) = Lupin

## SANDWICHES

Choose your bread:  
White, Wholegrain, Brown or Toasted

<b>The Classic</b> Baked Ham & Cheddar Cheese (6, 7, 9)	<b>€6.00</b>
<b>The Special</b> Baked Ham, Cheddar Cheese, Tomato & Red Onion (6, 7, 9)	<b>€7.00</b>
<b>The BLT</b> Crispy Bacon, Mayo & Lettuce (6, 7, 9)	<b>€9.00</b>
<b>The Club</b> Roast Chicken, Bacon, Tomatoes & Lettuce (6, 7, 9)	<b>€11.00</b>
<b>The Rustic</b> Ciabatta Roll filled with Slow Roast Prime Beef, Horseradish Mayo, Rucola Leaves & Pickled Red Onion (6, 7, 9)	<b>€9.00</b>
<b>The Bap</b> Multi Seed Bap filled with sliced Turkey, Cranberry Mayo & Herb Onion Stuffing (5, 6, 7, 9)	<b>€8.00</b>
<b>The Meat Less</b> Crisp Lettuce, Cucumbers, Peppers, Red Onions & Free-Range Mayo (6, 12)	<b>€5.00</b>

**Gluten Free Bread Available – Please Ask Your Server**