



IONA BAR LUNCH MENU

Served Monday to Saturday 12.30pm – 5.30pm

LITE BITES

Vegetable Soup (6, 7, 9, 12) €4.50

Served with a bread roll/brown bread

Crispy Chicken Wings (6, 11, 13) €5.95

Served with a tossed salad & BBQ sauce

House Nachos (7) €5.95

Topped with jalapenos, salsa and mozzarella served with a sour cream dip

Prawn Cocktail (1, 2, 3, 7, 11, 13) €6.50

Jumbo prawns on a bed of crisp iceberg, onion & cucumber, topped with our Marie Rose sauce

Warm Chicken Caesar Salad (6, 7, 11, 13) €5.95

Served on a bed of cos lettuce, toasted crouton & cherry tomatoes with a Caesar dressing

SANDWICHES

BBQ Chicken Ciabatta (6, 7, 8, 11, 12, 13) €8.50

Served with salad & chips

Toasted BLT (6, 7, 8, 9, 11, 13) €8.50

Served with salad & chips

Chicken Caesar Wrap (6, 7, 11, 13) €8.50

Served with salad & chips

Make your own Sambo €4.75

Make your own Toastie €5.25

Add Chips €2.95

Sandwich Options

Meats: Chicken, Tuna, Ham, Bacon

Fillings: Peppers, Coleslaw, Mixed Leaves, Tomato, Red Onion, Cheddar Cheese

Sauces: Mayo, Garlic Mayo, Sweet Chilli, BBQ

LUNCH OPTIONS

Roast Joint of the Day €11.50

Fish of the Day €10.95

Chef Special of the Day €10.50

All of the above served with mash/veg or chips/salad

Homemade Panko Chicken Goujons (6, 7, 8, 9, 11, 13) €10.95

House style chicken goujons with tossed salad, chips and sweet chilli dip

Quiche Lorraine (6, 7, 8, 9, 10, 11, 12, 13) €9.95

Served with side salad

Stilton & Broccoli Quiche (6, 7, 8, 9, 10, 11, 12, 13) €9.95

Served with side salad

Warm Chicken Caesar Salad (6, 7, 11, 13) €10.95

Served on a bed of cos lettuce, toasted crouton & cherry tomatoes with a Caesar dressing

SOMETHING SWEET

Warm Apple Pie (6, 7, 11) €4.95

Trio of Ice Creams (7) €4.95

Chocolate Fudge Cake (6, 7, 8, 11) €4.95

Sticky Toffee Pudding (5, 6, 7, 8, 11) €4.95

Cheesecake of the Day (4, 6, 7) €4.95

Chocolate Profiteroles (6, 7, 8, 11) €4.95

Freshly Brewed Tea & Coffee

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