



IONA BAR LUNCH MENU

LITE BITES

Soup of the Day served with a bread roll/brown bread (6, 7, 9, 12) €4.50

Herb & Garlic Goats Cheese Bolli & Sundried Tomato Salad (7, 11,) €4.95

Creamy Chicken & Mushroom Vol au Vent (6, 7, 9, 12) €4.95

Warm Chicken Caesar Salad served on a bed of cos lettuce, toasted crouton, cherry tomatoes, Caesar dressing (6, 7, 11) €4.95

Chicken Wings Served with a mixed salad & sweet chili sauce (6, 11, 13) €4.95

SANDWICHES

BBQ Crispy Chicken Ciabatta €8.50
Served with Salad & Chips (6, 7, 8, 11, 12, 13)

Tuna, Mayo & Sweetcorn Bap €7.50
Served with Salad & Chips (3, 6, 7, 8, 11, 13)

BLT Wrap (6, 7, 8, 11, 13) €8.50
Served with Salad & Chips

Make your own Sambo €4.25

Make your own Toastie €4.95

Add Chips for €2.50

Add a Cup of soup €2.50

LUNCH OPTIONS

Roast Joint of the Day €11.50

Chef's Special of the Day €10.50

Fish of the Day €10.95

½ Portion Main Course €7.50

Chicken Fillet Curry €10.95

Served with a long grain rice

Breaded Chicken Goujons €10.95

Served with a mixed salad fries and garlic mayo

Chicken & Mushroom Vol au Vent

Served with Salad & Chips (6, 7, 9, 12) €9.50

Warm Chicken Caesar Salad (6, 7, 11)

served on a bed of cos lettuce, €9.50

toasted crouton, cherry tomatoes, Caesar dressing

Vegetable Stir Fry €10.50

with long grain rice

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