



Mrs Benners Bar Food Menu

STARTERS

Chefs Homemade Soup of the Day (A)

€6.00

Wild Atlantic Way Seafood Chowder (Small) (A)

€8.00 (2, 4, 7, 9, 12, 14)

Crispy Tempura of Marinated Bay Prawns

Rainbow Salad, Sesame-Orange Dressing, Sweet Chilli Sauce, Fresh Lime (A)

Starter; €14.00 (1, Wheat, 2, 6, 11)

Main Course; €20.00(With Sweet Potato Fries)

Golden Fried Spiced Confit Duck Croquettes,

Homemade Pineapple, Fig and Ginger Chutney

€10.00 (1-Wheat, 3, 6, 7, 10, 11)

Tian of Ted Browne's Crab and Smoked Salmon,

Dressed Crab, Old Bay Seasoning, Diced Red Pepper and Herbs. Avocado, Salsa Verde

€12.00 (2, 4, 7, 9, 10)

Cromane Mussels (A),

Guinness, Smoked Bacon and Garlic Cream with Fresh Herbs and Lemon Wedge

€8.50 (1- Barley, 7, 12, 14)

Dingle Goats Cheese Tarte Tatin

Caramelised Shallots, Sundried Tomato Tapenade, Dressed Rocket, Balsamic Reduction.

€12.00 (1- Wheat, 3, 7)

Contains: 1) Gluten, 2) Crustaceans, 3) Eggs, 4) Fish, 5) Peanuts 6) Soybeans, 7) Milk, 8) Nuts, 9) Celery, 10) Mustard, 11) Sesame Seeds, 12) Sulphur Dioxides, 13) Lupin, 14) Molluscs

"A" = Adaptable to Gluten Free

SALADS

Thai Marinated Chicken Salad

Rice Noodles, Crunchy Vegetables, Pak Choi, Toasted Cashews, Ginger-Chilli Dressing

Starter; €9.00 (6, 8-Cashew Nuts, 11)

Main Course; €13.50

Mrs Benners Buddha Bowl (Vegan Option Available)

Homemade Falafels, Quinoa Salad, Beetroot Raita, Baba Ganoush, Cucumber, Red Onion, Baby Spinach, Toasted Seeds.

€13.50 (6, 7, 10, 11)

Smoked Salmon Salad,

Avocado, Cucumber, Pink Grapefruit, Red Onion, Pumpkin Seeds, Chervil Vinaigrette

Starter; €10.00.

Main Course; €14.00 (4, 7, 10)

Kerry Blue Cheese Salad

Grilled Smoked Bacon Lardons, Roasted Pear, Toasted Walnuts, Baby Leaves, Honey and Wholegrain Mustard Dressing.

Starter; €9.00

Main Course; €13.50 (7, 8- Walnut, 10, 12)

Cáis na Tíre Salad

Award Winning Cáis na Tíre Cheese, Pickled Golden Beetroot, Toasted Almonds, House Dressing

Starter; €9.00

Main Course; €13.50 (7, 8- Almond, 10, 12)

Contains: 1) Gluten, 2) Crustaceans, 3) Eggs, 4) Fish, 5) Peanuts 6) Soybeans, 7) Milk, 8) Nuts, 9) Celery, 10) Mustard, 11) Sesame Seeds, 12) Sulphur Dioxides, 13) Lupin, 14) Molluscs

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Main Course

All of our food is cooked to order. Please be patient

Mrs Benners Signature Feather Blade of Beef (20 minutes cooking time)

Slow cooked in Dick Mack's Award winning Stout served with Locally Sourced, Honey Roast Root Vegetables, Truffled Scallion Mash and Pan Jus

€19.00 (1- Barley, 7, 9, 10, 12)

Chicken Sizzle Platter

€17.00 (1, - Wheat, 6, 9, 11)

Prawn Sizzle Platter

€22.00 (1- Wheat, 2, 6, 9, 11)

Veggie Sizzle Platter (With Cashews)

€14.00 (1-Wheat, 6, 8- Cashews, 9, 11)

With Crunchy Seasonal Vegetables in Ginger, Chilli, Garlic, Sesame and Sweet Soy with Basmati Rice.

Parmesan Crusted Breast of Marinated Chicken (A)

Pesto Roast Baby Potatoes, Vine Tomato, Puttanesca Sauce and Dressed Rocket €17.00

€17.00 (1- Wheat, 3, 4, 6, 7, 10)

Middle Eastern Spiced Slow Cooked Kerry Lamb (A)

Homemade Flat Bread, Quinoa Salad, Selection of Dips

€18.00 (1- Wheat, 7, 9, 10, 11, 12)

Homemade Turkey and Smoked Pancetta Burger (20 minutes cooking time)

Beetroot Bap, Smoked Ketchup, Caramelised Onions, Sliced Tomato, Kerry Blue Cheese and Hand Cut Fries

€17.00 (1- Wheat, 3, 7, 10, 12)

Dry Aged 10 oz Rib Eye Steak,

Baked Portobello Mushroom, Roast Vine Tomato, Smoked Garlic and Thyme Butter.

Your Choice of Fries, Creamy Mash or Sweet Potato Fries. €28.00 (7)

Add Surf to your Turf; Sautéed Garlic Prawns (2, 7) (€5 Supplement)

Daily Specials

Please see Specials Menu

All of our meat, poultry, eggs and seafood are locally sourced. All of our steaks are 30(+) days dry aged and our chicken is 100% Irish certified.

Main Course

Wild Atlantic Way Seafood Chowder (Large) (A)

With Freshly Baked Breads.

€15.00 (1- Wheat, 2, 4, 7, 9, 12, 14)

Deep Fried Catch of the Day (A) (15 mins cooking time)

Sea Salt and Malt Vinegar Batter, Tartare Sauce and Hand Cut Fries.

€17.00

(1- Wheat, 3, 4, 7, 12)

Cromane Mussels (A)

Guinness, Smoked Bacon, Garlic, Cream, Fresh Herbs and Lemon Wedge with Freshly Baked Breads.

€14.00 (1- Barley, 7, 12, 14)

Signature Fish Dish of the Day

Please See Specials Menu.

Creamy Roast Butternut Squash and Cepe Risotto

Crispy Sage, Cáis na Tíre Cheese

€16.00 (7, 8, 12)

Vietnamese Sweet Potato and Vegetable Curry (Vegan)

Scented with Lemongrass and Coconut served with Basmati Rice and Pineapple Chutney

€16.00 (6, 9, 11)

Side Dishes

Portion of Hand Cut Fries €3.00

Pesto and Parmesan Fries €4.00

Sweet Potato Fries €4.00

Beer Battered Onion Rings €4.50

Side Salad €3.00

Braised Basmati Rice €3.50

Honey Roast Root Vegetables €4.50

Portion of Mash €3.00

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Dingle Benners Hotel, Main St., Dingle Co.Kerry

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