



## Mrs Benners Bar Menu – served daily from 12.30pm – 8.45pm

### Chefs Homemade Soup of the Day

Served with a Selection of Bread

**€8.00** (1, 7, 9, 12)

**€4.00 Cup** (1, 7, 9, 12)

### Wild Atlantic Way Seafood Chowder

Salmon, Hake, Prawns, Mussels, Served with a Selection of Bread

**Small €12.00** (1, 2, 4, 7, 9, 12, 14)

**Large €17.00** (1, 2, 4, 7, 9, 12, 14)

### Duo of Dingle Goats Cheese & Crispy Brie

Red Onion Jam, Pistachio, Beetroot, Crispy Onion & House Salad

**Starter €14.00** (1, 3, 7, 8, 12)

### Sautéed Atlantic Prawns

Julienne Carrot, Samphire, Black Pudding, Garlic Butter & Sriracha Mayo

**Starter €15.00** (1, 2, 3, 7, 12)

**Main Course €25.00** (1, 2, 3, 7, 12)

### Benners Chicken Wings

Served with Blue Cheese Mayo, Sesame Seeds & Celery

Choice of BBQ or Buffalo Sauce

**Starter €12.00** (1, 4, 7, 9, 11, 12)

**Main Course €18.00** (1, 4, 7, 9, 11, 12) **Served with Skinny Fries**

### Oak Smoked Salmon & Prawn Salad

Beetroot, pomegranate, Cucumber, Samphire, Fennel, Caper Salsa, Served with a Selection of Bread

**Starter €16.00** (1, 2, 3, 4, 12)

### Chicken Caesar Salad

Piri Piri Chicken Breast, Crispy Bacon, Baby Gem Lettuce, Parmesan, Croutons & Caesar Dressing

**Starter €12.00** (1, 3, 4, 7, 12)

**Main Course €18.00** (1, 3, 4, 7, 12) **Served with Skinny Fries**

Most of our dishes are adaptable to Gluten Free, please ask your server for more details.

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



**Feta & Beetroot Salad** (Vegan Option Available)

Pomegranate, Chickpeas, Almonds & Tzatziki

**Starter €13.00** (3, 7, 8, 12)

**Tournafulla Black Pudding Salad**

Chorizo, crispy Potato, Beetroot, Pomegranate, Toasted Seeds, Apple, Seasonal Leaves, Garlic & Herb Aioli

**Starter €12.00** (1, 3, 6, 7, 8)

**Main Course €17.00** (1, 3, 6, 7, 8)

**Authentic Soft Corn Tortillas**

Crispy Hake, Baby Gem, Pickled Red Cabbage, Cucumber, Crispy Onions, Lime & Coriander **€19.00**  
(1, 3, 4, 7, 11, 12)

Slow Cooked Chicken, Chipotle, Baby Gem, Pickled Red Cabbage, Cucumber, Crispy Onions & Sriracha Mayonnaise **€19.00** (1, 3, 11, 12)

**Served with Sweet Potato or Skinny Fries**

**Buttermilk Chicken Burger**

Coronation Dressing, Rocket, Pickled Red Cabbage, Pomegranate, Coleslaw & Skinny Fries

**€19.00** (1, 3, 7, 12)

**Benners Beef Burger**

Smoked Cheese, Smoked Bacon, Crispy Onions, Rocket, Chipotle & Onion Relish, Garlic Aioli Coleslaw & Skinny Fries

**€21.00** (1, 3, 7, 12)

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### **Golden Fried or Pan-fried Catch of the Day**

Garden Peas, Tartar Sauce & Chunky Fries

**€24.00** (1, 3, 4, 7, 10, 12)

### **Creamy Chicken Linguini**

Smoked Bacon, Spinach, Parmesan, Cashew Nuts & Herb Oil

**€24.00** (1, 7, 8, 12)

### **Prawn, Mussel & Chorizo Linguini**

Spinach, Parmesan, Pine Nuts, Tomato & Basil Cream

**€28.00** (1, 2, 7, 8, 12, 14)

### **Prime Hereford Striploin**

Chestnut Mushroom, Pearl Onions, Broccoli, Carrot Puree, Peppercorn Sauce or Garlic Butter & Chunky Fries (7, 12)

**€35.00** (1, 7, 12) **Add Sautéed Garlic Prawns** (2, 7, 12) **€8 Supplement**

### **Vegetable Thai Red Curry**

Baby Corn, Cauliflower, Tenderstem Broccoli, Chickpeas, Spinach, Sesame Seeds, Coriander, Cashew Nuts, Raita, Served with Poppadum & Rice

**€19.00** (1, 2, 5, 6, 7, 8, 12)

**Add Chicken €24.00** (1, 2, 5, 6, 7, 8, 12)

**Add Prawns €28.00** (1, 2, 5, 6, 7, 8, 12)

**Chunky Fries €5.00**

**Champ Potato €5.00**

**Skinny Fries €4.50**

**Sweet Potato Fries €5.00**

**Vegetables of the Day €6.00**

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## DESSERTS

### **Warm Chocolate Brownie**

Honeycomb, Chocolate Sauce & Vanilla Ice Cream

€8.95 (3, 7, 8)

### **Sticky Toffee Pudding**

Caramel ice-cream, Caramel Sauce

€8.95 (3, 7, 8)

### **Apple Crumble**

Crème Anglaise, Vanilla Ice cream

€8.95 (1, 3)

### **Bread & Butter Pudding**

Custard and Fresh Cream

€8.95 (1, 3, 7)

### **Cheesecake of the Day**

€8.95 (1, 3, 7)

### **Vegan Coconut & Chocolate Tart, Vegan Ice Cream**

€8.95 (5, 8)

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