



LUNCH MENU

12PM – 5PM MONDAY TO FRIDAY

12.30PM – 4 PM SATURDAY

Here at The Salmon Leap we are conscious of the time & financial constraints at lunch time.

Our New Menu has been devised with these in mind, but if you would like one of our other dishes or an old favourite, please just ask your server.

~~~~GOURMET SANDWICHES~~~~

All served with a small portion of French fries and mini salad

ITALIAN CLUB SANDWICH –

triple decker - sliced turkey breast - crispy pancetta - smoked tomato - pesto mayonnaise..... 10.00

SPICY HOT CHICKEN WRAP –

roast vegetables – spiced dressing – leaves – toasted wrap 10.00

OPEN CHICKEN ON HOMEMADE BROWN SODA –

lemon & dill crème fraiche - smoked tomato - baby gem 10.00

PULLED PORK WRAP –

slow cooked BBQ pulled pork – crisp onion – toasted wrap10.00

OPEN TOASTED SMOKED SALMON BAGEL –

lemon & chive cream cheese – red onion10.00

Add a cup of soup to your sandwich (not sold separately) 2.00

Add a small bowl of chowder to your sandwich (not sold separately) 4.00

~~~~STARTERS~~~~

|                                                                                                 |             |
|-------------------------------------------------------------------------------------------------|-------------|
| SOUP OF THE DAY - soda bread & butter .....                                                     | 6.00        |
| CHOWDER - cream - soft herbs - fresh and smoked fish - brown soda bread.....                    | 8.50        |
| CHICKEN WINGS- spicy dressing - celery - blue cheese .....                                      | 9.00        |
| CAESAR SALAD - baby gem - torn croutons - parmesan - smoked bacon - Caesar dressing .....       | 8.00        |
| (Vegetarian without bacon) available with gluten free croutons upon request                     |             |
| SLOW COOKED CHICKEN CAESAR - as above but with the addition of slow cooked chicken fillet ..... | 10.00/13.00 |

~~~~MAIN COURSES~~~~

| | |
|---|-------|
| HOMEMADE TRADITIONAL IRISH LAMB STEW - | |
| chunky cuts of shoulder of Irish lamb - traditional root vegetables & barley..... | 12.00 |
| GOATS CHEESE & ROASTED PEAR SALAD - | |
| fig - candied pecans - pomegranate - apple cider & maple vinaigrette..... | 12.00 |
| PHILLY CHEESE STEAK - | |
| fillet beef strips - provolone cheese - 6" Hoagie (served medium)..... | 12.00 |
| CHRISTMAS TURKEY SNITZEL BURGER - | |
| Crisp belly of bacon - cranberry dressing - toasted brioche bun..... | 14.00 |
| BEER BATTERED FISH AND CHIPS - | |
| chunky tartare - peas - lemon | 17.00 |
| MAPLE ROASTED PUMPKIN & BUTTERNUT SQUASH TARTLET - | |
| Toasted pumpkin seeds - crumbed goats cheese - pickled beetroot..... | 16.00 |
| ROAST STUFFED TURKEY & HAM - | |
| Creamed mash- roast potatoes - Brussels sprouts with crisp bacon lardons- maple roast veg - roast gravy.. | 17.00 |
| THAI GREEN CHICKEN CURRY - | |
| Slow cooked chicken breast - chilli & coconut Thai cream sauce - basmati rice | 15.00 |

~~~~SIDE ORDERS~~~~

|                          |      |
|--------------------------|------|
| Seasonal salad.....      | 3.00 |
| Triple cooked fries..... | 3.00 |
| Sweet potato fries ..... | 3.00 |

~~~~DESSERTS~~~~

| | |
|---|------|
| WARM CHOCOLATE BROWNIE-white chocolate chips - hazelnuts - vanilla icecream - butterscotch sauce..... | 6.50 |
| APPLE CRUMBLE - crème patisserie - vanilla ice cream..... | 6.50 |
| ICE CREAM SUNDAE - featherbed farms ice creams and sorbet - served sundae style | 6.50 |
| PLUM PUDDING - brandy syrup - custard foam..... | 6.50 |

PLEASE BE AWARE THAT IT IS COMPANY POLICY TO NOT SPLIT BILLS OF 6 OR MORE
(This is to ensure our staff have the time to dedicate a high level of service to each and every customer)