

# FOOD MENU

## MIX&MATCH

Small plates

3 FOR £14.00

5 FOR £21.50

### CRISPY KING PRAWNS 5.75

Served with a wedge of lemon and a Sriracha mayo dip 379 kcal

### SPICY CHICKEN QUESADILLA 5.50

Two toasted tacos with pulled jerk chicken, tomato salsa, spring onions, coriander, sour cream and melted Cheddar cheese 430 kcal

### BBQ PULLED BEEF TACOS 5.95

Two tacos filled with pulled beef rib glazed in BBQ sauce, crunchy slaw and Sriracha mayo 708 kcal

### DIRTY ANGRY FACES V 4.75

Potato smiley faces with a twist! Topped with nacho cheese sauce, fiery Naga Chilli sauce and crispy onions 495 kcal

### SNACK NACHOS V 5.25

Tortilla chips topped with nacho cheese sauce, guacamole, salsa, sour cream and jalapeños 492 kcal

### CALAMARI STRIPS 5.25

Panko crumbed calamari strips, served with a wedge of lemon and sweet chilli sauce 273 kcal

### DRUNKEN MUSHROOMS V\* 4.95

Beer-battered mushrooms\* with a blue cheese dip 351 kcal

### CHEESE BURGER SPRING ROLLS 5.95

Three crispy spring rolls filled with prime beef and served with nacho cheese sauce 385 kcal

### HALLOUMI FRIES V 5.75

Served with sweet chilli mayo 648 kcal

### KIMCHEESE BITES V 5.50

A blend of Korean-style kimchi and cheese served with a jalapeño and mint yoghurt dip 298 kcal

### COLCANNON POPPERS V 5.50

Classic Irish potato croquettes served with Ballymaloe relish and topped with crispy onions 279 kcal

### GUINNESS® DIRTY FRIES V\* 4.75

Seasoned fries covered in Guinness® BBQ sauce, nacho cheese sauce and topped with crispy onions 576 kcal

### BBQ PULLED OUMPH! TACOS V 5.95

Two tacos filled with Oumph! pulled BBQ chunks. Served with crunchy slaw and Ballymaloe relish 374 kcal

### HOT & KICKIN' CHICKEN BITES 5.75

Chicken bites served with Ballymaloe and katsu dip and topped with crispy onions 565 kcal

### 10oz# SALT & PEPPER PRIME CHICKEN WINGS 484 kcal 5.75

Choose a dip from below:

#### DIP IT REAL GOOD

BLUE CHEESE +47 kcal

BBQ +54 kcal

BUFFALO HOT SAUCE +5 kcal

NAGA CHILLI +86 kcal

#### SWEET TREATS

### SALTED CARAMEL PROFITEROLES V 4.75

Topped with caramel sauce and whipped cream 567 kcal

# BANG ON Burgers

Served in a toasted brioche-style linseed bun with our signature burger sauce, lettuce and red onion, with a side of seasoned fries and crunchy slaw

### CHEESE & BACON 9.95 | 11.95

Prime beef patty with streaky bacon and melted Monterey Jack cheese  
SGL 1269 kcal | DBL 1473 kcal

### MIGHTY MEATY 10.25 | 12.25

Prime beef patty and Doner-style kebab meat topped with Frank's RedHot® Buffalo Hot sauce, mint yoghurt, jalapeños and crispy onions SGL 1252 kcal | DBL 1432 kcal

### CHARGRILLED BEEF BURGER 8.50 | 10.50

SGL 965 kcal | DBL 1169 kcal

### FIERY CHICKEN STACK 9.95

Two crispy, southern-fried chicken fillets topped with fiery Naga Chilli sauce and nacho cheese sauce 1245 kcal

### THE OUMPH! V 9.75

Oumph! pulled BBQ chunks topped with Violife™ and tomato salsa 953 kcal

### CRISPY CHICKEN STACK 9.95

Two crispy, southern-fried chicken fillets topped with streaky bacon 1289 kcal

### CHARGRILLED CHICKEN FILLET 8.50 | 10.50

SGL 929 kcal | DBL 1098 kcal

## FEELING A LITTLE EXTRA?:

+ STREAKY BACON +174 kcal + 1.00

+ DONER-STYLE KEBAB MEAT +267 kcal + 2.00

+ BBQ PULLED BEEF RIB +300 kcal + 2.75

+ MONTEREY JACK CHEESE V +131 kcal + 1.00

+ BATTERED ONION RINGS V +752 kcal + 2.25

+ MAC 'N' CHEESE V +307 kcal + 2.00

+ KIMCHEESE BITES V +128 kcal + 2.00

## UPGRADE TO TWISTER FRIES V £1.00 +279 kcal

## PLATES FOR SHARING

...or for those with big appetites.

### MACHO NACHOS V 8.50

Tortilla chips topped with nacho cheese sauce, guacamole, salsa, sour cream and jalapeños 984 kcal

### TAKEAWAY NACHOS 10.75

Tortilla chips covered in nacho cheese sauce, guacamole, salsa and sour cream. Topped with Doner-style kebab meat, tandoori chicken pieces and jalapeños 1249 kcal

### CHICKEN WING PLATTER 13.50

Salt & pepper prime chicken wings 1430 kcal. With your choice of three dips. Choose from:

BLUE CHEESE +47 kcal

BBQ +54 kcal

BUFFALO HOT SAUCE +5 kcal

NAGA CHILLI +86 kcal

### GARLIC PIZZA BREAD V 4.95

Our stone-baked pizza bread brushed with garlic 929 kcal

### CHEESY GARLIC PIZZA BREAD V 5.95

Our stone-baked garlic pizza bread topped with mozzarella 1237 kcal

# Classics

## DONE RIGHT

If you don't fancy exploring something new, then the classics could be for you.

### KASHMIRI-STYLE CHICKEN TIKKA MASALA 9.95

Served with mint and coriander rice, naan bread and topped with spring onion, coriander and chilli 857 kcal

### STEAK & GUINNESS® PIE 11.25

Slow-cooked beef in a Guinness® and onion gravy with puff pastry, served with garden peas, gravy and mashed potato 1155 kcal

### CHICKEN, HAM & CHEESE TOPPED PIE 11.25

Slow-cooked chicken and ham chunks in a cheese, onion and chive white sauce, encased in a Cheddar and chive pastry with cheesy champ top. Served with garden peas, gravy and mashed potato 1168 kcal

### SAUSAGES & MASH 8.75

Irish pork & leek sausages with mashed potato, garden peas and an Irish-whiskey sauce\* 1027 kcal

### VEGETARIAN ALTERNATIVE V 664 kcal 8.75

### SMOTHERED CHICKEN 9.75

Southern-fried chicken fillets and streaky bacon, topped with melted Monterey Jack cheese and BBQ sauce, served with seasoned fries 1087 kcal

### MAC 'N' CHEESE V 7.95

Macaroni in a Cheddar cheese sauce served with garlic bread slices 842 kcal

#### TOP WITH:

+ BBQ PULLED BEEF RIB +300 kcal +2.75

+ GRILLED CHICKEN FILLET +169 kcal +2.50

+ STREAKY BACON +174 kcal +1.00

### FISH & CHIPS\*\* 10.50

Hand-battered in Irish Magners® cider, served with seasoned fries, tartare sauce and mushy peas 864 kcal

### SCAMPI & CHIPS† 10.50

Nine pieces of wholetail scampi with a lemon wedge, seasoned fries and garden peas 870 kcal

### IRISH HAM, EGG & CHIPS 10.25

Thick-cut Irish ham served with two fried free-range eggs, garden peas and seasoned fries 1167 kcal

### PENANG CURRY V 9.95

Served with mint and coriander rice, naan bread and topped with spring onion, coriander and chilli 746 kcal

Adults need around 2000 kcal a day.

# FOOD MENU

## HOT OFF THE Grill

Chargrilled to perfection.  
All served with seasoned fries

### 8oz# RUMP STEAK 11.75

Chargrilled aged prime steak, seasoned with black pepper and salt. Served with grilled tomato, flat mushroom, garden peas, seasoned fries and your choice of sauce 930 kcal

### DOUBLE UP TO 16oz# 1338 kcal 15.25

#### CHOOSE A SAUCE:

IRISH-WHISKEY\* SAUCE +67 kcal

PEPPERCORN SAUCE\* +82 kcal

BBQ +54 kcal

### CLASSIC MIXED GRILL 12.75

Small rump steak, half a gammon steak, chicken fillet, Irish pork & leek sausage and a fried free-range egg. Served with grilled tomato, flat mushroom, garden peas and seasoned fries 1261 kcal

### MEGA MIXED GRILL 15.95

8oz# rump steak, 7oz# gammon steak, chicken fillet, two Irish pork & leek sausages all grilled to perfection. Served with a fried free-range egg, grilled tomato, flat mushroom, garden peas and seasoned fries 1740 kcal

### 7oz# GAMMON STEAK 9.75

Served with a fried free-range egg, grilled fresh pineapple, garden peas and seasoned fries 837 kcal

### 14oz# GAMMON STEAK 1041 kcal 12.25

## TOP IT OFF

### CRISPY KING PRAWNS +2.50

Add crispy king prawns to your steak to make it a Surf & Turf +176 kcal

### BATTERED ONION RINGS V +752 kcal +2.25

### MAC 'N' CHEESE V +307 kcal +2.00

## STONE-BAKED Pizza

Our stone-baked pizzas are hand-stretched, topped and freshly baked to order then brushed with garlic for real flavour

### FEELING SAUCY?

ADD A BUTTERMILK RANCH DIP FOR YOUR CRUSTS. ONLY 75P +186 kcal

### BBQ CHICKEN SUPREME 10.25

Spicy pulled chicken, mozzarella, red pepper and red onion on a BBQ sauce base 1359 kcal

### MARGHERITA V 8.95

Classic mozzarella and tomato base 1094 kcal

### VEGAN ALTERNATIVE AVAILABLE VE 957 kcal 8.95

### HAM & PINEAPPLE 10.50

Ham, mozzarella and pineapple chunks 1504 kcal

### PEPPERONI 10.25

Pepperoni and mozzarella 1509 kcal

### MEAT FEAST 11.50

Pulled beef rib, Doner-style kebab meat, spicy pulled chicken, pepperoni and mozzarella 1625 kcal

### TANDOORI CHICKEN 10.25

Tandoori chicken, red chillies, spring onion and mint yoghurt 1340 kcal

### PULLED OUMPH! VE 10.25

Oumph! pulled BBQ chunks, red onions, baby spinach and mushrooms, topped with Violife™ 1116 kcal

## HUNGRY FOR MORE? HAVE A SIDE OR TWO

### TWISTER FRIES V 674 kcal 3.25

### BATTERED ONION RINGS V 752 kcal 2.25

### GARDEN PEAS VE 159 kcal 1.00

### MUSHY PEAS VE 174 kcal 1.00

### DRESSED SIDE SALAD VE 194 kcal 2.25

### SEASONED FRIES V 395 kcal 2.25

### DONER-STYLE KEBAB MEAT 267 kcal 2.00

### GARLIC BREAD V 534 kcal 2.25

## HELLO PUDDIN'

### RASPBERRY ARCTIC ROLL V 4.50

Served with strawberry coulis and whipped cream 368 kcal

### VIENNETTA® 4.50

Everyone's favourite ice cream topped with chocolate sauce and whipped cream 345 kcal

### GUINNESS® BROWNIE V 4.75

Guinness® enriched chocolate brownie with Irish dairy vanilla ice cream and Belgian chocolate sauce 683 kcal

### BRAMLEY APPLE PIE VE 4.75

Served with vegan custard 599 kcal

### SALTED CARAMEL PROFITEROLES V 4.75

Topped with caramel sauce and whipped cream 567 kcal

## SANDWICHES & SALADS

All our Sandwiches are served with crunchy slaw and your choice of seasoned fries (+395 kcal) or a dressed side salad (+194 kcal)

### HAM, CHEESE & PICKLE 7.75

Irish thick-cut ham with Monterey Jack cheese, Ballymaloe relish and served in a warm ciabatta 729 kcal

### BBQ CHICKEN MELT 8.25

Southern-fried chicken fillets topped with BBQ sauce, bacon and Monterey Jack cheese and served in a warm ciabatta 1024 kcal

### PHILLY STEAK SANDWICH. 8.95

Grilled rump steak, red onions and mushrooms, smothered in a cheese sauce and served in a warm ciabatta 596 kcal

### OUMPH! TORTILLA VE 7.75

Oumph! pulled BBQ chunks served in a tortilla pocket with baby gem lettuce, crunchy slaw and Ballymaloe relish 522 kcal

### DONER TORTILLA 7.75

Doner-style kebab meat served in a tortilla pocket with baby gem lettuce, crunchy slaw and Ballymaloe relish 677 kcal

### CHICKEN & BACON CAESAR SALAD 9.95

Grilled chicken fillet, streaky bacon, baby gem lettuce, cucumber, spinach and cherry tomatoes tossed with Caesar dressing 611 kcal

### FISH FINGER SANDWICH\* 7.75

Hand-battered fish goujons in Irish Magners' cider, baby gem lettuce, tartare sauce and served in a warm ciabatta 934 kcal

## GOING OUT ON the tear?

WHY NOT FINISH YOUR MEAL WITH A PORNSTAR OR MOJITO?

Adults need around 2000 kcal a day. V - made with vegetarian ingredients, VE - made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server.

All our allergen information is available online or via our Glass Onion app. It's easy to filter out dishes containing any of the 14 major allergens and is always kept up to date. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, or need help accessing our allergen information, please let us know before ordering. All calories are correct at the time of menu print. Live nutrition information is available online. \*Fish dishes may contain small bones. \*\*All weights stated are approximate and prior to cooking. \*This dish contains alcohol. Prices include VAT at the current rate. Guinness® is a registered trademark of Diageo Ireland. Viennetta® is a trademark owned by Unilever. Frank's RedHot® Buffalo Hot Sauce is a trademark of McCormick & Company. Violife™ vegan cheese is a registered trademark of Violight. All items are subject to availability.