



Cliffs View Cafe



Daily Menu

Soups

Creamy Broccoli & Blue Cheese Soup

Roasted Red Pepper & Red Lentil with Kelp & Seaweed

Butternut Squash Soup

Sweet Potato, Chilli, & Coconut Soup

Cream of Cauliflower & Lentil Soup

Pea & Mint

Carrot & Coriander

Creamy House Chowder

Roasted Tomato & Basil

Wild Mushroom & Thyme

Roasted Root Vegetable

Broccoli, Smoked Mature Cheddar

Potato & Leek

Curried Parsnip & Apple

Carrot & Orange



Salmon – The Burren Smokehouse, Lisdoonvarna, Co. Clare

Vegetables – Moy Hill Farm, Lackamore, Co. Clare

Goat's Cheese – St.Tolas Goat Cheese Farm,
Ennistimon, Co. Clare

Cheese – Burren Gold, Ballyvaughan, Co. Clare

Apple Juice – Attyflin, Kilrush, Co. Clare

Gubeen Chorizo – West Cork

Crab – Liscannor, Co. Clare

Dairy – Glanbia, Co. Dublin

The CheesePress – Ennistymon, Co. Clare



GF - Gluten Free (V) - Vegan (v) - Vegetarian

Allergens: 1.Gluten 2.Peanuts 3.Nuts 4.Milk 5.Eggs 6.Fish 7.Shellfish 8.Molluscs 9.SoyaBean 10.Sesame Seeds 11.Mustard 12.Celery 13.Sulphites 14.Lupin



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Sandwiches

Brie, Rocket, Red Currant on crispy Ciabatta

Cajun Chicken Breast, Plum Tomatoes, Pickled Red Cabbage, Rocket, Zesty Lemon Mayonnaise on Ciabatta

Tuna & Sweetcorn Melt on Crispy Ciabatta

Cajun Chicken Breast, Sundried Tomatoes & Bellharbour Leaves

Honey Roasted Gammon, Burren Gold Cheddar, Homemade Rainbow Slaw, Rocket, Mustard Mayo on Sourdough

B.L.T – Dry Cured Bacon, Mixed Leaves, Roasted Plum Vine Tomatoes

Hen House - Free Range Egg, Parsley, Chives, Foraged Leaves

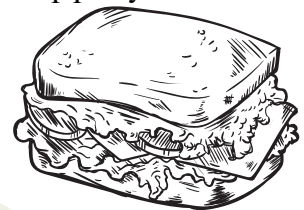
St Tola's Goats Cheese, Shredded Lettuce Leaves & Cranberry on Ciabatta

Smoked Salmon, Cream Cheese, Pickled Cucumber, Brown Soda Bread

Smoked Chicken, Oven Roasted Tomato, Fresh Basil Leaves

Fresh Buffalo Mozzarella, Vine Tomatoes, Brambles Pesto, Achill Sea Salt Flakes & Balsamic

Falafel, Roasted Cherry Tomatoes, Pickled Red Cabbage, Peppery Rocket in a healthy wrap



JUNIORS MENU

• Lunch Box •

Mini Sandwich or Wrap
(Ham/Cheese)

Juice Box

Cookie

Fruit Piece

€7.95



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Small Plates

Roasted Courgette, Mushroom and Sauteed Leek Tart

St. Tolas Goats Cheese, Oven Roasted Vine Tomato, Caramelised Red Onion

Smoked Chicken and Seared Vegetable Tart

Woodland Mushrooms, Brie, Hazelnut and Wilted Spinach

Roast Vegetable with Cherry Tomatoes Torte

Gourmet Sausage Roll - Succulent Irish Pork, Caramelised Onions Sprinkled with Poppy Seeds

Moroccan Spiced Roll (V) (v) with Chickpeas mixed Balti Spiced Vegetables encased in a Flaky Puff Pastry

Spinach & Ricotta Roll (v) Flaky Puff Pastry filled with Spinach & Ricotta

Seasonal Salad Choices

Roast Herb Potato Salad, Balsamic Dressing

Grated Carrot, Bean & Sesame Seed, Aged Balsamic Dressing

Fresh Beetroot, Toasted Almonds, Yogurt

Bulgar Wheat Olives, Sundried Tomatoes & Coriander

Broccoli Feta & Cherry Tomato

Mixed Vegetable Salad dressed in a Light Vinaigrette Dressing

Broccoli, Carrot & Seeds

French Runner Bean, Sundried Tomato, Sesame Seed, Chilli

Quinoa with Mediterranean Roasted Vegetables, Basil Oil

Rice Salad, Butternut Squash, Pomegranate, lemon Vinaigrette

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Mains

Lemon Local Garlic Pan-fried Irish Chicken, Creamy Irish Leeks, Wilted Spinach

Burren Lamb Stew, Roast Vegetables, Delicious new Season Potatoes

Green Thai Chicken Curry, blended with aromatic Spices, Sweet Potato, Aubergine, Chickpea, Basmati Rice

Irish Beef & Guinness Stew Served with baby boiled potatoes or homemade brown soda bread.

Smoked Haddock Fish Cake, Potatoes & Dill Served Homemade Tartare Sauce

Supreme of Irish Chicken, Wild Mushroom Fricassée, Fresh Cream, Tarragon & Chives

Locally Caught Haddock Lightly Battered, Minted Pea Puree, Capers & Gherkin Mayonnaise, Handcut Skin on Fries

Crumb Topped Seafood Bake- Fresh & Smoked Seafood, Fresh Leeks, Sauteed Mushrooms, bound in a Creamy Dill Sauce

Herb Topped Hake, Creamed Organic Spinach Leaves, Crispy Rosemary Roast Potatoes,

Salads

Open Smoked Burren Salmon, Balsamic Glaze, Homemade Soda Bread, Leaves, Courgette & Red Cabbage, Pine Nuts & Capers.

Crumbled Goat's Cheese Salad, Cherry Tomatoes, Cucumber, Balsamic Dressing

Burren Smokehouse Smoked Salmon, Wild Foraged Leaves, Pickled Cucumber, Oven Roast Tomatoes, Lemon Wedge

Seafood Platter – Burren Smokehouse Salmon, Liscannor Crab, Prawn, Marie Rose Sauce, Sourdough Bread, Pickles, Lemon Wedges



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