



COASTGUARD RESTAURANT

A La Carte

Appetisers

Homemade Soup of the Evening - €4.50

(7,9)

Jacks Seafood Chowder - €7.50

Selection of Fresh & Smoked Seafood, Cromane Mussels

(4,6,7,9,10,12)

Tempura of Tiger Prawns - €11.95

Courgette, Fennel, Sweet Chilli Sauce

Steamed Cromane Mussels - €10.95

Garlic Potato Farl, Sauce Mariniere

(1, Wheat, 6,7,12,14)

West Coast Crab Claws- €12.50

Garlic & Herb Butter, Balsamic Seasonal Leaves

(2,7,9,10,12)

Pan Seared Scallops - €12.95

Chorizo, Pear, Kale

(7,12,14)

Jacks Summer Salad- €10.50

Peach, Feta, Honey Mustard Dressing

(7, 10, 12)

ALLERGEN INFORMATION

1 Cereals Containing Gluten
7 Milk
13 Lupin

8 Nuts
14 Molluscs

2 Crustaceans
9 Celery

3 Eggs
10 Mustard

4 Fish
11 Sesame Seed

5 Peanuts
12 Sulphur dioxide & Sulphites

6 Soybeans



Main Courses

Seared Monkfish Fillet - €27.95

Savoy Cabbage, Courgette, Peppers
(4,7,9,12)

Wild Cromane Salmon (Subject to availability) - €27.95

Beetroot, Pak Choi, Baby Potato
(4,7,9,12)

Jacks Shellfish Platter - €45.00

½ Lobster, Crab Claws, Oysters, Tempura Prawn, Breaded Mussels
(1, Wheat, 2,6,7,12)

Grilled Black Sole on the Bone - €35.00

Lemon, Chive Beurre Blanc
(4,7,12)

Pan Roasted Fillet of Turbot - €27.95

Purple Potato, Leek, Grapefruit
(4,7,9,12)

Char Grilled Beef Fillet - €33.95

Sirloin - €28.95

Celeriac, Red Onion, Shallot
(6,7,9,12)

Roast Rack of Lamb - €33.50

Fondant Potato, Red Cabbage, Mange Tout
(6, 7, 9, 12)

Vegetarian Pithivier- €18.95

Butternut Squash, Camembert, Rocket
(1, Wheat, 3,7,9,10,12)

All Above Served with Selection of Potatoes and Vegetables

***Beef is of Local Irish Origin**

Side Order

Chips: €3.50

Potatoes: €3.00

Vegetables: €3.00

Jack's House Salad: €4.50

Tossed Green Salad: €3.50

Head Chef: Jonathan Keary



Desserts

Dark Chocolate Marquise

Raspberry, Pineapple & Citrus Sorbet

€7.50 ((1,Wheat,3,6,7,12)

Vanilla Crème Brulee

Hazelnut & White Chocolate Cookies

€7.50 (1,Wheat,3,7,8 Hazelnut)

Selection of Ice Cream

Vanilla, Tia Maria & Brown Bread, Salted Caramel, Summer Berry

€7.50 (1,Wheat,3,7,12)

Irish Farmhouse Cheeseboard

Onion Marmalade, Grapes, Cheese Biscuits

€7.50 (1,Wheat,7,12)

Lemon & Grenadine Cheesecake

Blackberry, Mint, Ice Cream

€7.50 (1,Wheat,7,12)

Sunhill Honey & Lime Bavarois

Baklava, Almond, Honeycomb

€7.50 (1,Wheat,7,8, Almond,12)

Assiette of Passionfruit

Posset, Tartlet, Jelly, Sorbet

€7.50 (1,Wheat,3,6,7,12)