STARTERS

€7.95 **HOMEMADE SOUP OF THE EVENING**
With fresh bread (1.7.9)

€13.95 **MEXICAN BEEF TACO**
Spicy marinated fillet of beef, avocado & lime cream, pickled red onion, chipotle aioli (1.wheat.6.7.10.11)

€9.95 **GARLIC MUSHROOMS**
Breaded mushrooms, garlic mayo, mixed leaves, tomato salsa (1 wheat.3.7.10)

€10.95 **SHADES CHICKEN WINGS**
Blue cheese dip (3.7), celery sticks (9) with a choice of sauce:
• signature red hot sauce / sticky asian glaze / hot honey sauce (1 wheat.3.6.7.9)

€10.95 **DUO OF BRUSCHETTA**
Toasted sourdough, goat's cheese & red onion marmalade, brie & roasted red pepper (1 wheat.7.8 Pine)

€12.95 **GARLIC KING PRAWNS**
Roasted garlic & white wine cream sauce, toasted focaccia (1 wheat.2.7.12)
• Prawn & Crab claws €14.95

€10.50 **CRISPY CRUMBED BRIE**
Redberry chutney, dressed leaves, candied pecans (1 wheat.7.8)

€10.95 **PIRI PIRI MARINATED CHICKEN CAESAR SALAD**
Baby gem, bacon lardons, ciabatta croutons, parmesan, house caesar dressing (1 wheat.3.4.7.10)

€10.45 **VEGAN TACO**
Crispy Korean spiced cauliflower, shredded veg, chipotle mayo (1wheat.6.10.11.12)

€10.45 **MUSHROOM & SPINACH BON BONS**
Lemon & avocado cream, pickled veg (1wheat.6)

MAIN COURSES

Served with a side order of choice (Garlic gratin *or* Sweet potato fries +€2.00)

€29.95 **SLOW COOKED BEEF CHEEK**
Carrot purée, colcannon mash, silverskin onion jus, crispy onion & garlic crumb (6,7,9,12)

€24.95 **ROAST CHICKEN SUPREME**
Crushed baby potato & chorizo, root veg puree, tenderstem broccoli, mushroom cream sauce (7.9.10)

€24.50 **PIRI PIRI OPEN CHICKEN SANDWICH**
Piri Piri spiced chicken fillet, stone-baked tomato focaccia, caramelised red onion, rocket, ranch dressing (1.3.7.10)

€23.95 **CHICKEN & CHORIZO LINGUINE PASTA**
Sun dried tomatoes, baby spinach, cream sauce, garlic bread, rocket, parmesan (1 wheat.3.7)

€23.50 **THAI MASSAMAN CHICKEN CURRY**
Mildly spiced authentic Thai curry, potato, sautéed veg, basmati rice

€26.95 **THAI MASSAMAN MONKFISH & PRAWN CURRY**
Mildly spiced authentic Thai curry, potato, sautéed veg, basmati rice (2.4)

€27.95 **PAN ROASTED COD**
Chorizo, baby potatoes, sundried tomato, parsley sauce (4.7)
• add pan fried prawns cooked in chilli & garlic butter €6.00 (2.7)

€22.95 **BEER BATTERED FISH**
Haddock fillet, Irish ale batter, charred lemon, pea purée, tartar sauce (3.4.7)

€27.95 **PAN ROASTED DUCK BREAST** (cooked medium)
Orange glaze, parsnip silk, caramelised baby fennel, potato & thyme fondant, rich jus (7.9.10.12)

€27.95 **SEAFOOD LINGUINE PASTA**
Monkfish, cod, panko prawns, crab claws, tomato & basil sauce (1 wheat.2.4)

€23.95 **PIRI PIRI MARINATED CHICKEN CAESAR SALAD**
Baby gem, bacon lardons, ciabatta croutons, parmesan, house caesar dressing (1 wheat.3.4.7.10)

FROM THE GRILL

Served with a side order of choice (Garlic gratin *or* Sweet potato fries +€2.00)

€34.95 **10 OZ PRIME HEREFORD SIRLOIN STEAK**
30 day matured steak served with bacon jam, onion ring, chestnut mushroom (9.6.7.12) choice of sauce: peppercorn sauce (7.9) / garlic butter (7)

€26.95 **OPEN STEAK SANDWICH**
8oz sirloin steak, toasted ciabatta, garlic mayo, sautéed onions, parmesan, rocket, chimichurri dressing (1 wheat.3.7)

€36.95 **TWO 5OZ MEDALLIONS OF FILLET BEEF**
Served with bacon jam, onion ring, chestnut mushroom (9.6.7.12) choice of sauce: peppercorn sauce (7.9) / garlic butter (7)

€21.95 **SHADES BURGER**
8oz burger, toasted brioche bun, bacon jam, cheese, lettuce, tomato pepper relish, onion ring, grilled corn (1 wheat.3.7.10)

€26.95 **100% WAGYU BEEF BURGER**
BBQ & sesame brioche bun, smokey wood sauce, crispy bacon, rocket, cheddar, onion ring, grilled corn (1 wheat.3.6.7.10.11)

Add pan fried prawns cooked in chilli & garlic butter to all steaks €6.00 (2.7)

All Beef is of Irish Origin

VEGAN & VEGETARIAN

STARTERS

€10.95 DUO OF BRUSCHETTA
Toasted sourdough, goat's cheese & red onion marmalade, brie & roasted red pepper (1 wheat.7.8 Pine)

€10.50 CRISPY CRUMBED BRIE
Redberry chutney, dressed leaves, candied pecans (1 wheat.7.8)

€10.45 VEGAN TACO (VG)
Crispy korean spiced cauliflower, shredded veg, chipotle mayo (1wheat.6.10.11.12)

€10.45 MUSHROOM & SPINACH BON BONS (VG)
Lemon & Avocado Cream, Pickled Veg (1wheat.6)

MAINS

€22.95 RED LENTIL DAHL (VG)
Indian spiced lentils, spinach, crispy cauliflower, chimichurri dressing, basmati rice (6.9.10)

€22.95 SPINACH & MUSHROOM BURGER (VG AVAILABLE)
Brioche bun, roasted red pepper relish, baby gem, tomato, onion marmalade, white cheddar (1wheat.3.6.7.10)

€22.95 THAI MASSAMAN VEG CURRY (VG)
Mildly spiced authentic thai curry, potato, sauteed veg, basmati rice

€22.95 VEGAN TACO (VG)
Crispy korean spiced cauliflower, shredded veg, chipotle mayo (1wheat.6.10.11.12)

SIDES ORDERS

CHUNKY CHIPS	€4.95
CARIBBEAN FRIES (7)	€4.95
GARLIC GRATIN (7)	€6.00
HOUSE VEG (7)	€4.95
MASH POTATO (7,12)	€4.95
HOUSE SALAD (10)	€4.95
FRENCH FRIED ONIONS	€4.95
SAUTÉED MUSHROOMS & ONIONS	€4.95
ROCKET SALAD WITH SUNDRIED TOMATO & PARMESAN (7)	€4.95
SWEET POTATO FRIES (1)	€6.00

SAUCES

ROAST GRAVY	€2.00
BRANDY & PEPPERCORN (7.9)	€2.00
GARLIC MAYO (3.7)	€2.00
BLUE CHEESE (3.7)	€2.00
MUSHROOM SAUCE (7)	€2.00
CHIPOTLE SAUCE (3.10)	€2.00
HOT HONEY (7)	€2.00

During busy periods a minimum of 1 main course or 2 starters per customer

ALLERGENS

1.Gluten 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts 6. Soyabean
7. Dairy 8. Nuts 9. Celery 10. Mustard 11. Sesame Seeds 12. Sulphites 13. Lupin 14. Molluscs

QUALITY FOOD & WINE

SHADES

BAR AND GRILL