

THE  
*Buttery*

KITCHEN, WINE BAR  
& COFFEE HOUSE

## Gluten Free Menu

MONDAY – FRIDAY

12 noon – 4 pm

### *A little goes a long way...*

homemade soup of the day & soda bread	€5.50
hummus & carrots	€7
hand cut fries	€3
bbq & buttermilk onion rings	€4
sweet potato fries <i>tossed in honey &amp; sesame seeds</i>	€4

### *Sandwiches*

all our sandwiches are served in locally made artisan fluffy sourdough breads  
*they can be switched to brown or white wraps, just use the magic word!*

choose from hand cut fries, sweet potato fries or house salad as a side  
*like to dip? so do we. order one of our homemade mayos, first one is on us; extras are .50c*

<b>philly cheese steak</b> green peppers, mushrooms, red onions & homemade 3 cheese sauce	€12
<b>pulled pork sandwich</b> 7 hour slow cooked pork, pink slaw homemade bbq sauce	€9.50
<b>chicken caesar wrap</b> cos lettuce, bacon lardons, parmesan, avocado, tomato, homemade caesar mayo	€9.50
<b>halloumi wrap</b> pan fried halloumi, roasted veg, cous cous	€9

*Please always inform your server of any allergies before placing your order*

**cajun chicken bun** €9  
chicken pieces tossed in cajun spices, with homemade cajun mayo

**le mandelieu** €9.50  
chicken, honey, goats cheese, caramelised onions, rocket & homemade pesto

### *A Little Bigger*

**battered fish & chips** €14  
lime aoli, mint & pea puree

**bangers & mash** €10.50  
trio of 'kellys of kilrush' award winning bangers & creamy mash, with our homemade red wine gravy

**chicken wings** €10  
- korean bbq with feta yoghurt dip  
- honey hot with blue cheese dip  
- salt & vinegar with jalapeno dip  
add chips €12

**baby back ribs** €11  
house teriyaki glaze, chilli, spring onion, sesame seeds & american slaw  
add chips €13

**clean green curry**  
with cauliflower rice  
- **chicken** €11  
- **prawn** €12  
- **mediterranean veg (v)** €10

**sweet potato skins** €10  
- chipotle chicken with garlic & honey drizzle  
- hummus feta & spinach with homemade pesto drizzle (v) €8

**steak & eggs** €12  
6oz sirloin steak, fried egg with caesar salad  
add chips €15

### *Salads*

**la caesar salad** €13  
grilled chicken, baby gem, tomato, bacon, poached egg, parmesan, tossed in our famous homemade caesar dressing  
**without Onion scratchings**

**pan fried salmon** €14  
spinach, quinoa, avocado, toasted seeds, pomegranate, raspberry vinegar dressing

**nourish bowl (v)** €9  
red cabbage, lettuce, hummus, carrot, mixed seeds, cucumber, sliced avocado, red onion with jalapeno dressing or lemon dressing  
add grilled chicken breast €12  
add grilled prawns €14

**super-food salad** €10  
kale, red kidney beans, feta, sweet potato, sweetcorn, sunblushed tomato dressing  
add grilled chicken breast  
**without black pudding** €13

**broccoli & bacon salad** €10  
broccoli, bacon, red onion, almonds in a zesty sour cream dressing  
add grilled chicken breast €13

**mighty nacho salad** €11.50  
tortilla chips, sweetcorn, olives, red onion, iceberg lettuce, taco beef with jalapeño dressing.

### *Burger Burger Burger*

all of our burgers are served in locally baked artisan brioche buns with hand cut fries & onion rings  
*make them dirty fries for an extra €3*

**piri-piri chicken** €13  
celeriac slaw, chicory, parmesan & scallion mayo

**halloumi & pineapple (v)** €12  
red pepper hummus

**Dirty Fries** €6

**bacon & cheese fries**  
**taco cheese fries**  
**jalapeno & cheese fries**