

## High Protein Healthy Menu

Tuesday to Saturday from 5pm to 10 pm

*Everything below is Gluten Free*

### Low Calorie Salad (V)(D)

Free Range Boiled Egg, Mixed Leaves, Sweetcorn, Cherry Tomatoes, Red Onions, Cucumber, Black Olives & Low-Calorie Olive Oil and Lemon Juice Dressing

#### Choose your Protein:

Chargrilled Tuna Steak (F).....	€19
Organic Salmon Fillet (F).....	€19
Chargrilled Striploin Steak.....	€24
Free Range Chicken.....	€18

### Anvil Salad (D)

Mixed Leaves, Bacon, Feta, Parmesan, Cherry Tomatoes, Red Onion, Pinenuts & Low-Calorie Olive Oil and Lemon Juice Dressing

#### Choose your Protein:

Chargrilled Tuna Steak (F).....	€19
Organic Salmon Fillet (F).....	€19
Chargrilled Striploin Steak.....	€24
Free Range Chicken.....	€18

### Daily Market Fish (F)(D)

Seasonal Vegetables, Mixed Leaves, Bacon, Feta, Parmesan, Cherry Tomatoes, Red Onion, Pinenuts & Low-Calorie Olive Oil and Lemon Juice Dressing

€20

### Roast Chicken Breast (D)

Seasonal Vegetables, Mixed Leaves, Bacon, Feta, Parmesan, Cherry Tomatoes, Red Onion, Pinenuts & Low-Calorie Olive Oil and Lemon Juice Dressing

€ 18

### 8oz Striploin Steak (D)

Seasonal Vegetables, Mixed Leaves, Bacon, Feta, Parmesan, Cherry Tomatoes, Red Onion, Pinenuts & Low-Calorie Olive Oil and Lemon Juice Dressing

€24

## Early Bird Menu

2 Course Menu € 26

3 Course Menu € 30

*Tuesday to Friday all night, Saturday from 5pm to 7 pm.*

### Starters

#### Fresh Homemade Soup (V)(G)(D)

Homemade Brown Bread & Butter  
(GF Bread Available)

#### Spicy Chicken Wings (D)(CY)

Celery Sticks, Cashel Blue Cheese Aioli

#### Curried Fish Cakes (G)(F)(D)(E)

Cumin & Korma Fish Cakes, Curry & Lime  
Mayonnaise, Mint & Cucumber Raita, Mix Leaf

#### Tempura Calamari (G)(C)(D)(E) € 2 supp.

Lemon Aioli, Tomato & Chilli Jam, Dressed Rocket

### Mains

#### 28 Day Dry Aged John Stone (D)

#### Grass Fed 8oz Striploin Steak € 7 supp.

Buttermilk Onion Rings, Flat Cap Mushrooms, Chunky Chips, Pepper Sauce

#### Fettuccine Pasta (V)(D)(G)(E)

Courgette Ribbon, Confit Garlic, Pickled Chilli, Cherry Tomato, Basil, Lemon, White Wine Sauce

\*Add Chicken € 2

\*Add Prawns € 3

#### Pork & Black Pudding Bangers & Mash (G)(D)(M)

Mash Potato, Baby Onion & Smoked Bacon Gravy

#### Anvil - Style Chicken Curry (D)(CY)(SY)(G)

Chicken Breast, Curry Sauce, Coconut Cream, Fresh Coriander, With Steamed Rice, Naan Bread  
(GF Without Naan Bread)

#### Anvil-style Vegetarian Curry (V)(D)(CY)(SY)(E)

Carrot, Parsnip, Curry Sauce, Coconut Cream, Fresh Coriander, With steamed Basmati rice & Naan bread,  
(GF Without Naan Bread)

#### Daily Market Fish € 3 supp

See Server for Details and Allergens

### Desserts

#### Chocolate Brownie - Vanilla Ice cream (G)(D)(E)

#### Anvil Cheesecake - Ask Server for Details (G)(D)

#### Banoffi Pie – Fresh Cream (G)(D)

(G) – Gluten  
(V) – Vegetarian

(D) – Dairy  
(E) – Eggs

(C) - Crustaceans  
(F) – Fish

(SY) – Soya  
(CY) - Celery

(M) – Mustard  
(SE) – Sesame

(TN) – Tree Nuts  
(GN) – Ground Nuts

(SD) – Sulphur Dioxide

(L) - Lupin

100% IRISH BEEF with full traceability