

The Anvil Restaurant Lunch Menu Monday to Sunday from 12pm to 4.30pm

Salads & Light Bites

Home – made Soup of the Day (D)(G)(E)
Served with Home – made Brown Bread € 5

(GF- Bread Available)

Spicy Chicken Wings (D)(CY)(E)

Served with Celery Sticks & Cashel Blue Cheese Dip

- Small (12 wings)..... € 9
- Large (20 wings)..... € 13

Classic Caesar Salad (G)(F)(D)(E)

Crispy Bacon, Croutons, Aged Parmesan Shavings,
Cos Leaves Tossed in a Light Caesar Dressing € 10
(GF- Without Croutons) *Add Chicken for € 3

Anvil Salad (D)(M)(G)(TN)

Mixed Leaves, Crispy Bacon, Feta & Parmesan
Cheese, Cherry Tomato, Red Onion, Pinenuts & Anvil
Dressing, with Garlic Toast. € 10
(GF- Without Bread) *Add Chicken for € 3

Low Calorie Grilled Fresh Tuna Steak Salad

(F)(E)(M) Chargrilled Tuna, Free Range Boiled Egg,
Sweetcorn, Cherry Tomatoes, Red Onions, Cucumber,
Black Olives, Mixed Leaves & Low-Calorie Dressing
on side. € 16

Superfood Salad (D)(M)(G)(E)

Rocket, Baby Kale, Spinach Leaf, Toasted Sunflower
Seeds & Pomegranate, Diced Beetroot, Roasted
Sweet Potato, Pea Shoots, Avocado, Grated Carrot,
Rape Seed Oil & Lemon Dressing € 14

Sesame Crusted Falafel Salad (V)

Mint Yogurt Dip, Warm Cous- Cous & Feta Cheese
Salad € 13

Home - made Goats Cheese Tart (V)

Pastry Case Filled with Caramelised Red Onion,
Grilled Red Peppers & Goats Cheese, with Rocket,
Parmesan & Cherry Tomatoes, Balsamic Dressing &
Pomme Frites € 13

Open Prawn Sandwich (D)(C)(G)(E)(M)

Homemade Brown Bread, Marie Rose Sauce, with
Salad Garnish & Pomme Frites € 12.5

Cold Roast Beef Ciabatta (D)(M)(G)(E)

Cold Roast Rare Striploin on Open Ciabatta,
Horseradish Mayonnaise, Rocket, Tomato & Twice
Cooked Chips € 13

Sandwiches, Wraps, Paninis & Bagels

(Gluten Free Bread/Bagels Available)

*Add a cup of Soup to any Sandwiches for € 2

Soup & Sandwich Combo (D)(M)(G)(E)(L)

Doorstep Home Cooked Ham, Vintage Cheddar, Gherkin,
Sweet Mustard Mayonnaise on a Healthy Multigrain
Bread € 8.5

Organic Smoked Salmon Bagel (D)(F)(G)(E)(M),

Toasted Bagel, Rocket, Dill Pickles, Horseradish, Garnish
Salad & Pomme Frites € 12

The Chicken Bagel (D)(M)(G)(E)

Toasted Bagel, Curried Mayonnaise, Chicken, Rocket
Salad & Pineapple, Garnish Salad & Pomme Frites € 10

The Anvil Pesto Crunch Bagel (V)(D)(M)(G)(E) € 9

Toasted Bagel, Cream Cheese, Sundried Tomato,
Cucumber, Pesto Mayonnaise, Garnish Salad & Pomme
Frites *Add Chicken for € 3

Hot Spicy Chicken Wrap (D)(M)(G)

Hot Spicy Chicken, Grated Cheese & Salsa, Flour
Tortilla, Salad Garnish & Twice Cooked Chips € 12

Chicken Caesar Wrap (G)(F)(D)(E)

Chicken Breast, Crispy Bacon, Aged Parmesan Shavings,
Cos Leaves Tossed in a Light Caesar Dressing, Salad
Garnish & Twice Cooked Chips € 12

Cajun Chicken Focaccia (D)(G)(E)

Cajun Chicken on Toasted Focaccia, Sweet Chilli, Lime
Mayonnaise, Shredded Iceberg, Cucumber, Salad Garnish
& Pomme Frites € 12

Mixed Bean Chilli Wrap (V)(M)(G)(D)

Hot Mexican Bean Chilli, Grated Cheese & Salsa, Flour
Tortilla, Salad Garnish & Twice Cooked Chips € 12

Tuna Melt on Toasted Brown Bread (D)(F)(G)(E)(M)

Tuna Flecks, Mayonnaise, Sweetcorn & Cheese on Brown
Bread * Choice of 2 Salads € 10

Shredded Duck Wrap (G) *Choice of 2 Salads

Shredded Duck, Cucumber, Lettuce, Spring Onion &
Hoi – Sin Sauce, in a Toasted Tortilla € 12.5

Ham & Cheese Panini (D)(G)(E)(L)

Doorstep Home Cooked Ham, Vintage Cheddar, Tomato
& Onion *Choice of 2 Salads € 10

(G) – Gluten (D) – Dairy (C) - Crustaceans (SY) – Soya (M) – Mustard (L) – Lupin (SD) - Sulphur Dioxide
(V) – Vegetarian (E) – Eggs (F) – Fish (CY) - Celery (SE) – Sesame (GN) – Ground Nuts (TN) – Tree Nuts 100% IRISH BEEF with full traceability

Main Dishes

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) € 14

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) € 13

Home – made Beef Burger (G)(D)(E)
 On a Toasted Bap, with Twice Cooked Chips &
 Garnish of Salad Leaves, Tomato, Gherkin € 13
 Choice from below: (GF- bap available)

- Ballymaloe Relish, Crispy Bacon & Melted Cheddar
- Lettuce, Tomato, Coleslaw & Ketchup
- Jalapenos, Melted Mozzarella, BBQ Sauce & Lemon Mayonnaise

Buffalo Style Chicken Burger (G)(D)(E)
 Breaded Chicken Breast Smothered in a Hot Sauce
 Lemon Aioli & Rocket on a Toasted Bap, with
 Twice Cooked Chips & Garnish of Salad Leaves,
 Tomato, Gherkin (GF- bap available) € 13

Penne Carbonara (D)(G)(E)
 Penne Pasta with Bacon Lardons, Baked Ham,
 Tossed in a Rich Creamy Sauce, with Parmesan
 Cheese & Garlic Toast € 12

Anvil – Style Bangers & Mash (D)(G)
 Pork, Black Pudding, Caramelised Onion Sausages
 with Champ Mash & Smoked Bacon Gravy € 12

Clare Island Baked Organic Salmon Fillet
(M)(F)(D) served with Baby New Potatoes &
 Salsa Verde, Capers, Mixed Leaves Salad **or** Mash
 Potato & Vegetables, White Wine Veloute. € 16

Protein Healthy Menu

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).....€16
 Organic Salmon Fillet (F).....€16
 Chargrilled Striplion Steak.....€22
 Free Range Chicken.....€13

Anvil Salad (D)(TN)
 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).....€16
 Organic Salmon Fillet (F).....€16
 Chargrilled Striplion Steak.....€22
 Free Range Chicken.....€13

Daily Market Fish (F)(D)(TN)
 Seasonal Vegetables, Mixed Leaves, Bacon, Feta,
 Parmesan, Cherry Tomatoes, Red Onion, Pinenuts &
 Olive Oil and Lemon Juice Dressing € 16

Roast Chicken Breast (D)(TN)
 Seasonal Vegetables, Mixed Leaves, Bacon, Feta,
 Parmesan, Cherry Tomatoes, Red Onion, Pinenuts &
 Olive Oil and Lemon Juice Dressing € 13

8oz Striplion Steak
 Seasonal Vegetables, Mixed Leaves, Bacon, Feta,
 Parmesan, Cherry Tomatoes, Red Onion, Pinenuts &
 Olive Oil and Lemon € 22

Sides & Salads

French Fries € 3.5
Twice Cooked Chips € 5
Vegetables (D) € 4
Thai Noodle Salad (G)(E) € 3
Moroccan Chickpea & Cous-Cous Salad € 3
Home – made Coleslaw (E)(M) € 3