

#### ALLERGY ADVICE / DIETARY REQUIREMENTS

*We make every effort to be sensitive, accommodate lifestyle choice, understand dietary requirements & highlight them on our menu, just let us know & we will help you through your choices. With that in mind, we can't get to a flour-free environment it is simply not possible for us to guarantee that our busy kitchen is 100% allergen free.*

**V (Vegetarian) GF (Gluten Free) AC (Adaptable for Coeliac)  
VV (Vegan & Vegetarian)**

**1 - Shellfish, Crustacean 2 - Shellfish, Mollusc 3 - Fish  
4 - Peanuts 5 - Nuts 6 - Gluten 7 - Milk & Dairy 8 - Soya  
9 - Sulphates 10 - Sesame Seeds 11 - Eggs  
12 - Celery & Celeriac 13 - Mustard 14 - Lupin**

We have our own farm, on it we have over 900 Angus cattle. Grass fed, well nurtured and if you like meat, and you're going to eat meat this is the meat to eat. It is succulent, incredibly flavoursome and we cook it just the way you like it.

Our farm is a pesticides and chemical free farm. On it we also grow vegetables herbs, salad ingredients and potatoes - lots and lots of potatoes.

Everything we grow, you eat - we really hope you love our farm gate to hotel plate dishes and ingredients.

**REDMOND  
FARM**  
EST. 1980

BBG

Bar  
Grill

*All about the farm.*

f AmberSpingsHotel&Spa

t AmberSpingsGM

## Light Bites

Small/Large

<b>FARM SOUP OF THE DAY (V) (AC)</b>	<b>7.50</b>
Served with home baked Guinness bread and potato scone. <i>Allergens: 6 Wheat, 7, 12.</i>	
<b>EAST COAST SEAFOOD CHOWDER (AC)</b>	<b>10.00</b>
Creamy local and sustainable fish chowder with smoked and fresh fish, celery, carrot, potato, lemon and dill. <i>Allergens: 1, 2, 3, 6 Wheat, 7, 12.</i>	
<b>CAESAR SALAD (AC)</b>	<b>9.50/14.50</b>
Rustic croutons, smoked bacon, Parmesan shavings, Caesar dressing, and golden fried free range egg. <i>Allergens: 6 Wheat, 7, 11.</i> <b>Add buttermilk chicken 3.00</b>	
<b>KING PRAWN PAKORA (GF)</b>	<b>10.50</b>
Firecracker slaw, green onions, chili and ginger dressing. <i>Allergens: 1, 7, 11, 13.</i>	
<b>CLASSIC BUFFALO CHICKEN WINGS (GF)</b>	<b>10.50/15.50</b>
Marinated and roasted chicken wings in buffalo sauce, blue cheese dip and celery sticks. <i>Allergens: 7, 8, 11, 12.</i>	
<b>DUCK LEG</b>	<b>10.50</b>
Juniper orange and thyme duck leg with celeriac, cauliflower puree roasting jus. <i>Allergens: 7, 9, 12.</i>	
<b>BRUSCHETTA (V) (VV)</b>	<b>10.00</b>
Roast heritage tomato, crushed avocado, torn basil and balsamic. <i>Allergens: 6 Wheat, 9, 13.</i>	

## Tacoria Taco's

Any 2 for 15 or 3 for 20

<b>Add chips 4.00</b>	
<b>BUFFALO CAULIFLOWER (V) (VV)</b>	
Cauliflower fritters, cilantro slaw and avocado on tortilla with ranch dressing and diced celery. <i>Allergens: 6 Wheat, 7, 11, 12.</i>	
<b>KING PRAWN PAKORA (GF)</b>	
Spiced fritter with root farm veg, mint and coriander dressing. <i>Allergens: 1, 7, 11, 13.</i>	
<b>PULLED BBQ BEEF BRISKET</b>	
Soft taco shell with shredded iceberg, slow cooked BBQ beef brisket, chopped vine tomatoes and set sour cream. <i>Allergens: 6 Wheat, 7, 8, 9, 12.</i>	

## Pasta

Choose between Rigatoni, Linguini or GF Penne.	
<b>BRAISED REDMOND FARM BEEF (AC)</b>	<b>19.00</b>
With vine tomato and red wine sauce, friarielli and shaved parmesan. <i>Allergens: 6 Wheat, 7, 9, 11.</i>	
<b>KILMORE QUAY SEAFOOD (AC)</b>	<b>23.00</b>
Cooked in seafood veloute with lemon and dill, with tiger prawns, calamari and clams. <i>Allergens: 1, 2, 3, 6 Wheat, 7, 9, 11, 13.</i>	

## It's all about the beef

We select it, we nurture it, we age it, we cook it and we love it!

<b>10oz RIBEYE (AC)</b>	<b>38.00</b>
<b>10oz SIRLOIN (AC)</b>	<b>36.00</b>
<b>8oz FILLET (AC)</b>	<b>42.00</b>
<b>ADD szechuan prawns</b>	<b>5.00</b>
All steaks served with home cut fries, and roast vegetables. Béarnaise (7, 9, 11), Pepper sauce (7, 9), Garlic butter (7) or Bone marrow jus (9).	

## From the Grill

<b>CLASSIC STEAK SANDWICH (AC)</b>	<b>23.00</b>
6oz steak on grilled Ciabatta, caramelised onion, ranch dressing and rocket salad served with triple cooked chips. <i>Allergens: 6 Wheat, 7, 9, 11, 13.</i>	
<b>SALMON (AC)</b>	<b>23.00</b>
Chargrilled with roast butternut squash and garden pea risotto, Gubeen chorizo and shaved parmesan. <i>Allergens: 3, 6 Wheat, 7, 9, 12.</i>	
<b>PORK CHOP TOMAHAWK (GF)</b>	<b>23.00</b>
Lentil and root vegetable ragout, roast apple. <i>Allergens: 7, 9, 12, 13.</i>	

## Signature Burgers

<b>Add cheese 1.00 Add bacon 2.00</b>	
<b>CLASSIC (AC)</b>	<b>20.00</b>
Two 4oz patties with pickles, BBG relish, iceberg, tomato and onion salsa. <i>Allergens: 6 Wheat, 7, 9, 11, 13.</i>	
<b>BACON DOUBLE SMASH BURGER (AC)</b>	<b>21.00</b>
Two 4oz patties, bacon, iceberg, salsa & crispy onions with Wexford cheddar. <i>Allergens: 6 Wheat, 7, 9, 11, 13.</i>	
<b>BUTTERMILK CHICKEN AND MAPLE BACON (AC)</b>	<b>21.00</b>
Buttermilk chicken with maple glazed bacon, gem lettuce, crisp fried onion and No.1 sauce. <i>Allergens: 6 Wheat, 7, 9, 11, 13.</i>	
<b>BUFFALO CAULIFLOWER FRITTER (V) (AC)</b>	<b>20.00</b>
Spiced fritter with smashed avocado, cabbage slaw, crisp fried onion and No. 1 sauce on brioche bun. <i>Allergens: 6 Wheat, 7, 9, 11, 13.</i>	
<b>CHEESE STEAK SANDWICH (AC)</b>	<b>20.00</b>
Chopped beef with bell peppers and onion, provolone cheese and ranch sauce on a soft brioche bun. <i>Allergens: 6 Wheat, 7, 11, 13.</i>	

## Main Courses

<b>FALAFEL BUDDHA BOWL (V)(VV)</b>	<b>19.00</b>
Coconut rice, avocado, cabbage slaw, chick peas, broccolini, tomatoes with pomegranate, lemon & tahini dressing. <i>Allergens: 8, 10, 13.</i>	
<b>FISH &amp; CHIPS</b>	<b>22.00</b>
Beer battered Kilmore quay Haddock fillet with crushed peas, chunky yoghurt tartare and farm fries. <i>Allergens: 3, 6 Wheat, 7, 9, 14.</i>	
<b>NASI GORENG (GF)</b>	<b>20.00</b>
Marinated pork belly with Asian rice, chargrilled broccolini, free range egg, toasted cashew. <i>Allergens: 5 Cashew, 7, 9, 11.</i>	
<b>BEEF ROGAN JOSH (AC)</b>	<b>19.00</b>
Tender Redmond farm beef curry with fried rice, sesame greens, buttered coriander naan, chili and lime. <i>Allergens: 5 Almond, 6 Wheat, Barley, 7, 10, 13.</i>	
<b>HOT HONEY TENDERS</b>	<b>20.00</b>
Marinated tenders with hot honey glaze, firecracker slaw, ranch dressing. <i>Allergens: 6 Wheat, 7, 9, 11.</i>	
<b>GRILLED FISH OF THE DAY (AC)</b>	<b>23.00</b>
Ask your server for daily fish served with all the trimmings. <i>Allergens: 3, 6 Wheat, 7, 9, 12, 14.</i>	
<b>ROAST OF THE DAY (AC)</b>	<b>19.00</b>
Ask your server for daily roast served with all the trimmings. <i>Allergens: 6 Wheat, 7, 9, 12, 13.</i>	

## Sides

5.50 Each

Chips (6 Wheat), steamed green vegetables, honey glazed carrots (7), buttered baby potatoes (7), creamy mash (7), roast cauliflower with lemon and capers (9), green goddess salad and herb dressing.

## Tea & Coffee

We are proud to serve Blue Butterfly tea & coffee. *Allergens: 7.*

**Substitute specialty products -  
Oat, Almond, Soya, Coconut milk add 0.40**

Herbal Tea	<b>3.90</b>
Tea	<b>3.50</b>
Espresso, Americano	<b>3.60</b>
Cappuccino, Café Latte, Mocha	<b>3.95</b>
Hot Chocolate	<b>4.20</b>