



SPA LUNCH MENU | 13:00 - 17:00

Please choose from one of the following
1 Starter & 1 Side Order
Or
1 Main Course

STARTERS

Soup Of The Day (1-Wheat, 3,7,9,12)

Brown Bread And Creamery Butter

Howth Head Seafood Chowder (1-Wheat, 2,3,4,7,9,12)

Salmon, Prawns, Smoked Haddock, Mussels, Brown Bread & Creamery Butter

The Garden Rooms Caesar Salad (1-Wheat,2,3,7,8,9,10,12) (VG - Adaptable)

Parmesan, Garlic Crouton, Smoked Pancetta Lardons, Conor Wilson Baby Gem

Add Slow Roasted Lemon & Thyme Pulled Chicken

Add Grilled Tiger Prawns

Crunchy Salmon, Mustard Seed & Lemon Croquettes (1-Wheat,3,4,6,7,10,12)

Smoked Baba Ghanoush, Pickled Onions, Roasted Garlic Aioli

Irish Chicken Wings with Cayenne Hot Sauce (3,6,7,10,11,12)

Cabbage, Celery and Cucumber Slaw, Cashel Blue Cheese Dip

MAINS

Creamy Broad Bean, Purple Spouting, Orecchiette Pasta (1-Wheat,6,7,8-Almond,12) (Vegan Adaptable)

Garden Spinach, Parmesan Shavings, Parsley Pesto

Hoi Sin Pulled Irish Pork Bao Bun(1-Wheat,6,10,12)

Shredded Beetroot, Carrots & Watercress, Nuoc Cham Sauce

Side Salad & Skin On Fries

Organic Salmon, Shrimp & Watercress Blaa Guette (1-Wheat,3,4,6,7,10,11,12)

Heritage Tomato, Avocado, Basil Pesto

Side Salad & Skin on Fries

SIDES

House Fries (3,6,7,10,12)

Rosemary Salt

Baby Leaf Salad (6,10,12)

Honey Mustard Dressing

Please Ask A Member Of Staff If You Need Additional Information On Food Allergens.
Please Let The Server Know If You Have Special Dietary Requirements.

Allergen List:

1-Cereals Cont. Gluten, 2-Crustaceans, 3-Eggs, 4-Fish, 5-Peanuts, 6-Soybeans, 7-Milk, 8-Nuts,
9-Celery, 10-Mustard, 11-Sesame Seeds, 12-Sulphites, 13-Lupins, 14-Molluscs

All Of Our Beef Is Sourced In Ireland



Our vegan dishes have been created in partnership with our neighbours at



The Happy Pear