

SPRINGBOARD LUNCH MENU

Eggs Benedict <i>Free Range Poached Eggs Toasted Sourdough Crispy Streaky Bacon Hollandaise Sauce</i> 2A 4 7 14	€14.50	Charcuterie Platter To Share <i>Selection Of Cured Meats Artisan Cheese Olives Cornichons Ballymaloe Relish Grilled Garlic Bread</i> 1 2A 7 9 14	€28.50
Eggs Royale <i>Free Range Poached Eggs Toasted Sourdough Kenmare Bay Smoked Salmon Hollandaise Sauce</i> 2A 4 5 7 14	€15.50	Chicken Wings Sticky Hot Sauce Korean BBQ Sauce <i>Cashel Blue Cheese Dip Celery Sesame Seeds</i> 1 2A 4 7 9 12 14	Small €13.00 Large €17.00
Sautéed Wild Mushroom <i>Toasted Sourdough Free Range Poached Eggs Rocket Parmesan Balsamic</i> 2A 4 7 14	€15.50	Grilled 6oz O'Connell's Steak Sandwich <i>Crispy Onions Sautéed Wild Mushrooms Toasted Garlic Ciabatta Green Peppercorn Sauce Garden Leaf Salad Chunky Fries</i> 2A 7 14	€25.00
Today's Soup <i>Homemade Treacle Brown Bread</i> 1 2A 4 7 14	€9.50	The Kingsley Beef Burger <i>Crispy Bacon Mature Cheddar Tomato Relish Little Gem Tomato Crispy Onions Brioche Bun Chunky Fries</i> 1 2A 7 12 14	€22.50
The Kingsley Seafood Chowder <i>Homemade Treacle Brown Bread</i> 1 2A 3 4 5 7 8 14	€15.50	Seafood Platter <i>Sautéed Garlic Prawns & Crab Claws Crispy Salt & Chilli Calamari Castletownbere Crab Kenmare Bay Smoked Salmon Smoked Fish Croquettes Grilled Garlic Sourdough Olives Smoked Chilli Aioli</i> 2A 3 4 5 7 9	€28.50
Kenmare Bay Smoked Salmon & Castletownbere Crab Salad <i>Pickled Ginger Lemon & Saffron Mayonnaise Garden Leaf Salad Homemade Treacle Brown Bread</i> 2AF 3 4 5 7 9 14	€18.50	The Kingsley Fish & Chips <i>Pea Purée Homemade Tartare Sauce Chunky Fries Grilled Lemon Wedge</i> 5 7 14	€23.50
Chilli & Lime Prawn Avocado Bruschetta <i>Grilled Sourdough Guacamole Chipotle Mayonnaise Garden Leaf Salad</i> 2A 3 4 7 9	€19.50	Slow Cooked Irish Lamb Shank <i>Creamy Mash Stem Broccoli Celeriac Purée Olive Crust Thyme Jus</i> 1 2A 7 14	€24.00
Ardsallagh Goats Cheese Flatbread <i>Slow Roasted Tomatoes Roasted Peppers Wild Rocket Toasted Pine Nuts Olives</i> 2A 7 9	€18.00	Thai Yellow Curry <i>Roasted Butternut Squash Broccoli Sugar Snaps Poppadom Basmati Rice</i> — Tofu — Chicken — Prawns 1 2A 3 13 14	€22.00 €23.50 €25.50
Crispy Fried Brie <i>Cranberry Relish Glazed Walnuts Garden Leaf Salad</i> 2A 7 9 10H 14	€14.00	SIDES Chunky Fries 14 Sweet Potato Fries Creamed Potato 7 Garden Leaves Salad 9 14 Stem Broccoli, Toasted Garlic Crumb 2A 7 Garlic Bread 2A 7	€5.50
Crisp Baby Gem Salad <i>Crispy Bacon Sourdough Crouton Parmesan Shavings Caesar Dressing</i> Add Chicken Parmesan €5.00 Add Sautéed Garlic Prawns €6.00 2A 4 7 9 14	€14.00		
Sweet Potato & Chickpea Buddha Bowl <i>Roasted Sweet Potato Chickpeas Red Onion Stem Broccoli Cavolo Nero Avocado Tahini Maple Dressing</i> Add Chicken Parmesan €5.00 Add Sautéed Garlic Prawns €6.00 1 2A 3 4 7 9 12 14	€16.50		

food and beverage items contain the following allergens: 1 - celery, 2 - gluten, A - wheat B - spelt C - klorasan D - rye E - barley F - oats 3 - crustaceans, 4 - eggs, 5 - fish, 6 - lupin, 7 - milk, 8 - molluscs, 9 - mustard, 10 - nuts, A - almonds, B - hazelnuts, C - cashew, D - pecan, E - brazil, F - pistachio, G - macadamia, H - walnuts, 11 - peanuts, 12 - sesame seeds, 13 - soya, 14 - sulphur dioxide (sulphites)