

Welcome to



The Wheat BAR & BISTRO

To Start...

Rosemary & garlic confit duck leg €12.00
beetroot & orange salad drizzled with a red wine jus (MD, SY, SP, CY)

Classic Caesar salad €9.50
garlic & herb croutons, bacon lardons, parmesan cheese & anchovy dressing
(FH, WH1, MK, SY, SP, CY, SE, MD, CS)

(add chicken €4 extra, prawns €5 extra)
(main course chicken Caesar salad €18.50 / prawn Caesar salad €20.50)

Chicken & mushroom bouchée €9.50
warm chicken & mushroom in a tarragon & Madeira cream sauce, served in
a puff pastry case with mixed salad leaves (WH1, MK, SY, SP, CY, MD)


Loaded nachos  €10.00
tortilla chips, queso dip, topped with 'Walsh's Gourmet Butcher' spiced
mince beef, tomato salsa, sour cream & guacamole (WH1, MK, SY, SP, CY, MD)
(main course €15.00)

Beef & vegetable spring roll  €11.00
slow cooked Irish BBQ beef brisket with tomato, sweetcorn & onion salsa
with a smoked BBQ sauce (WH1, MK, SY, SP, CY, MD)

Baked goats cheese & Parma ham filo parcel €12.00
cranberry, fig & red onion compote with pesto dressed leaves (MK, WH1, EG, SY, SP, MD)

Thai flavoured fish cakes  €10.00
pickled vegetables with a sesame & sweet chilli dipping sauce
(FH, WH1, MK, SY, SP, CY, CS, SE, MD)

Soup of the day €8.00
homemade brown soda bread (please ask server for today's option)

Black pudding & Cashel blue cheese salad  €11.00
warm local 'Inch House' black pudding, baby potato, mixed salad leaves
with a balsamic & grain mustard dressing (MK, WH1, SY, CY, SP, MD)
(main course €16.00)

Plant based salt & chilli strips €9.00
coriander, lime & ginger dressed noodles (vegan friendly) (WH1, SY)
(main course €15.00)

Chicken wings with a Cashel blue cheese dip  €11.00
choice of BBQ, siracha or Cajun sauce (MK, WH1, CY, SY, MD, SP, FH)
(main course €16.00)

The Main Event...

'Walsh's Gourmet Butcher' 10oz Irish striploin steak €36.00

sauté mushroom, onion rings, balsamic marinated tomatoes with a choice of peppercorn sauce or garlic butter. Accompanied with a mixed leaf salad & a choice of French fries or chunky chips (WH1, SY, SP, EG, CY, MD, MK)

Roast of the day €19.00 (Please ask server for today's option)

Braised Irish lamb shank €24.00

creamed champ potato, braised red cabbage, crisp kale with a redcurrant & mint jus (MK, SY, SP, CY, MD)

'Walsh's Gourmet Butcher' 8oz beef burger €20.00

crisp lettuce, smoked cheddar cheese, tomato, jalapeno relish, chipotle mayo, topped with smoked streaky bacon. Served with mixed salad leaves on a sour dough & sesame bun with burger sauce. Accompanied with a choice of French fries or chunky chips
(WH1, SY, SP, EG, CY, MD, MK)

Southern fried chicken burger €20.00

tomato, crisp lettuce, pickle, crispy onions, smoked bacon mayo with a smoked cheddar cheese in a sourdough & sesame seed bun with burger sauce. Accompanied with a choice of French fries or chunky chips (WH1, MD, SY, SP, EG, CY, SE, MK)

Traditional deep fried fish & chips €22.00

fillet of fish in a crispy batter with side salad, pea puree, with a lemon & dill mayo. Accompanied with a choice of French fries or chunky chips (CY, SP, SY, MK, FH, EG, WH1)

Marinated chicken & vegetable curry €19.00

basmati rice, mango chutney with a coriander & garlic naan bread (WH1, SY, SP, CY, MD)

Braised 10oz Irish feather blade steak €25.00

dauphinoise potato, creamed & crisp celeriac, with tender stem broccoli & peppercorn sauce (MK, SY, SP, CY, SE, MD)

Plant based burger €18.00

crisp lettuce, beef tomato, vegan cheese, jalapeno relish with a guacamole mayo on a vegan bun. Accompanied with a mixed leaf salad & a choice of French fries or chunky chips (vegan friendly) (WH1, SY, SP, CY, MD, SE)

Monkfish, tiger prawn & spinach linguini €22.00

linguini pasta, with chorizo, tiger prawns & spinach, with garlic & basil pesto. accompanied with garlic bread (WH1, MK, SY, SP, EG, CY, MD, CS, FH)

Fish of the day €22.00

sauté greens and baby potatoes, roast cherry tomato in a lemon, caper & dill butter (FH, MK, SY, SP, CY, MD) (Please ask server for today's option)

Roasted vegetable & chickpea curry €18.00

vegan friendly-roasted chickpeas & vegetables in a madras curry sauce served with basmati rice & mango chutney (vegan friendly) (WH1, SY, SP, CY, MD)

'Walsh's Gourmet Butcher' meatballs €19.00

chorizo, pork & mozzarella meatballs, on a bed of paradelle pasta. Roast red pepper & basil tomato sauce with parmesan shavings
(EG, WH1, SY, SP, MK, MD)

Sides...

Buttered vegetables (MK, CY)	€5.00
Creamed potatoes (MK, SP)	€5.00
French fries/Chunky chips/Skin on chips (MK, SP)	€5.00
House side salad (SY, MD, CY))	€5.00
Onion rings (MK, WH1, EG))	€5.00
Sauté mushrooms (MK))	€5.00
Sauté onions (MK)	€5.00
Garlic bread (WH1, MK)	€5.00

Pizza...

12" Margherita pizza	€15.00
tomato & herb-based sauce with mozzarella cheese with fresh basil (WH1, MK, SY, CY, MD, SP)	
12" Pepperoni pizza	€16.00
tomato & herb-based sauce with mozzarella cheese & pepperoni (WH1, MK, SY, CY, MD, SP)	
12" Roasted vegetable pizza	€15.50
tomato & herb-based sauce with mozzarella cheese, chargrilled roasted peppers, courgette, aubergine, red onion & rocket leaves (WH1, MK, SY, CY, MD, SP)	
12" Pavilion special	€17.00
tomato & herb-based sauce with mozzarella cheese, ham, sweetcorn, mushroom, onion, peppers & pepperoni (WH1, MK, SY, CY, MD, SP)	

Gluten free & vegan pizzas available (Please ask your server)

Add an extra topping:	€2.50
Selection includes:	per topping
mushroom, onion, ham, pineapple, Cajun chicken, sweetcorn, jalapeno, peppers, chorizo, pepperoni (SP, CY)	

To Finish...

Seasonal fruit & berry vacherin	€9.00
mini meringue nest, berry & fruit compote. Chantilly cream & passion fruit sorbet (WH1, MK, SY, SP, EG)	
Bailey's flavoured cheesecake	€9.00
warm chocolate sauce & honeycomb ice cream (WH1, MK, SY, SP, EG)	
Warm chocolate brownie	€9.00
chocolate sauce & vanilla ice cream (Gluten Free option available) (WH1, MK, SY, SP, EG)	
Vegan caramel apple slice	€9.00
berry coulis & vanilla dairy free ice cream (WH1, SY)	
Warm apple crumble	€9.00
salted caramel ice-cream & crème anglaise (WH1, MK, SY, SP, EG)	
Lemon tartlet	€9.00
lemon filling in a pastry base with citrus & mint marinated strawberries with a raspberry sorbet (WH1, MK, SY, SP, EG)	

Allergen Index

PN-Peanuts, SP-Sulphites, FH-Fish, TN-Tree Nuts, CY-Celery, CS-Crustaceans, SE-Sesame, MD-Mustard, MS-Molluscs, EG-Eggs, MK-Milk, SY-Soya, LP1-Barley, LP2-Oats, WH1-Wheat Flour, WH2-Semolina, WH3-Wholemeal, WH4-Wheat Bran, WH5-Rye

Hot Beverages...

Breakfast Tea	€3.20
Americano	€3.80
Large Americano	€4.00
Cappuccino	€3.80
Latte	€3.80
Mocha	€3.80
Latte Macchiato	€3.80
Espresso	€3.30
Double Espresso	€3.70
Flat White	€3.80
Hot Chocolate	€4.00
Speciality Teas	€3.60

Oat, soya & almond milk available upon request

Iced Coffees...

Pistachio iced mocha <small>(MK, TN, SY)</small>	€4.50
Honeycomb iced latte <small>(MK)</small>	€4.30
Vanilla iced latte <small>(MK)</small>	€4.30
Caramel frappe <small>(MK)</small>	€4.30
Iced black	€3.80
Iced latte <small>(MK)</small>	€4.00

OUR FOOD Producers

CLONMEL - Walsh's Gourmet Butcher
DUBLIN - Sysco Foods, Keeling's Fruit &
Vegetables, Bewleys
KILKENNY - Country Style Meats, Tirlán
WATERFORD - Musgrave Foods
WEXFORD - Atlantis Seafood, Irish Pride



This symbol highlights dishes which are made with local & Irish sourced ingredients, supporting our commitment to sustainability & reducing our carbon footprint.