

Welcome to



The Wheat

BAR & BISTRO

To Start...

Warm 'Inch House' Black Pudding €11.95

With baby potato salad & smoky bacon mayonnaise (6 - Wheat, 7, 8, 11, 12, 13)

Classic Caesar Salad €8.50

Garlic & herb croutons, bacon lardons, parmesan cheese & anchovy dressing

(1 - Prawns, 3 - Anchovy, 6 - Wheat, 7, 8, 12)

(Add Chicken €2 extra, Prawns €3 extra)

Spicy Nachos €9.95

Spiced minced beef, sour cream, tomato salsa, guacamole & melted cheddar

cheese (6 - Wheat, 7, 8, 11, 12, 13)

Thai Flavoured Fish Cakes €10.95

Pickled vegetables, chilli & mango dip, with salad leaves (3, 6 - Wheat, 7, 8, 9, 11, 12, 13)

Goats Cheese Salad €11.95

Red onion marmalade, beetroot ketchup & rocket leaves (7, 8, 12, 13)

Confit Chicken Wings €9.95

Blue cheese dip, celery sticks with side salad (Choose B.B.Q or chef's hot sauce)

(3 - Anchovy, 6 - Barley, 7, 8, 12, 13)

Thai Chicken & Vegetable Spring Rolls €9.95

Tomato & chilli jam, sweet chilli sauce with mixed leaves (6,7,8,11,13)

Homemade Soup of the Day €7.95

Served with fresh tasty bread (6 - Wheat, 7, 8, 9, 12, 13)

Roasted Vegetable & Tomato Bruschetta €9.95

This is Vegan & Coeliac friendly

Tomato & chilli vinaigrette, roast Mediterranean vegetables & melted vegan

mozzarella cheese (8, 12, 13)

The Main Event...

'Gourmet Butchers' 8oz Dry Aged Irish Rib Eye Steak €32.95

Sauté onions, flat cap mushroom, roast cherry tomato, frizzled onions with a choice of chervil peppercorn sauce or garlic & herb butter, with a mixed leaf salad, chunky chips, or French fries (7, 8, 9, 12, 13)

'Gourmet Butchers' 8oz Irish Sirloin Steak €32.95

Sauté onions, flat cap mushroom, roast cherry tomato, frizzled onions with a choice of chervil peppercorn sauce or garlic & herb butter, served with a mixed leaf salad, chunky chips, or French fries (7, 8, 9, 12, 13)

'Gourmet Butchers' 8oz Irish Beef Burger €17.95

Topped with smoked streaky bacon, smoked cheese & onion ring in a B.B.Q & sesame seed bun with burger sauce, served with mixed leaf salad, chunky chips, or French fries (6 - Wheat, 7, 8, 9, 10, 11, 12, 13)

Chef Shane's Roast of the Day €17.95

Please ask your server for today's roast specials (6 - Wheat, 7, 8, 9, 10, 11, 12, 13)

Southern Fried Chicken Fillet Burger €17.95

Topped with smoked streaky bacon, smoked cheese & onion ring in a B.B.Q & sesame seed bun with burger sauce, served with mixed leaf salad, chunky chips, or French fries (6 - Wheat, 7, 8, 9, 10, 11, 12, 13)

Medallions of Irish Pork Fillet €17.95

Cooked in a red onion, apple, & wholegrain mustard sauce with creamed potato in a crisp pastry basket served with seasonal vegetables (6 - Wheat, 7, 8, 9, 12, 13)

Pan Fried Kilmore Quay Hake Fillet €19.95

Served with sautéed baby potatoes, chorizo & broccoli (3, 7, 8, 9, 12, 13)

'Wheat Bar' Vegetable Noodle Stir-Fry €16.50

Smoked hoisin & ginger sauce, with wok fried vegetables (6 - Wheat, 8, 10, 12, 13)
(Add Chicken €4 extra, Prawns €4 extra)

Traditional Beer Battered Fish & Chips €17.95

Served with side salad, homemade tartare sauce, pea puree & a choice of chunky chips or French fries (3, 6, 7, 8, 9, 11, 12, 13)

Tiger Prawn & Spinach Linguini €19.95

Linguini pasta in a white wine & tomato cream sauce, sautéed tiger prawns, served with a garlic croute & side salad (6 - Wheat, 7, 8, 11, 12, 13)

Thai Red Chicken Curry €18.95

Served on a bed of fragrant rice, mango chutney & coriander naan bread (6 - Wheat, 7, 8, 12)

Roasted Vegetable & Chickpea Curry €16.50

This vegan friendly dish comprises of chickpeas & roasted vegetables in a madras curry sauce, with turmeric rice & mango chutney (6 - Wheat, 7, 8, 12, 13)

All our beef products are certified Irish

(ABP - Cahir & Walshe's 'Gourmet Butcher' - Clonmel)

Sides...

Buttered Vegetables <small>(7)</small>	€4.00
Creamed Mash Potatoes <small>(7, 9)</small>	€4.00
French Fries / Chunky Chips / Potato Wedges <small>(6, 9)</small>	€4.00
House Side Salad <small>(8, 13)</small>	€4.00
Asian Slaw <small>(7, 11)</small>	€4.00
Basmati Rice	€4.00
Sauté Mushrooms <small>(7)</small>	€4.00
Sauté Onions <small>(7)</small>	€4.00

To Finish...

'Chef Om's' White Chocolate & Banana Mousse Cake <small>Milk chocolate sauce & Chantilly crème (6 - Wheat, 7, 8, 11, 14)</small>	€7.95
Cheesecake of the Day <small>(Ask your server for today's flavour) served with a berry compote & vanilla ice-cream (6 - Wheat, 7, 8, 11, 14)</small>	€7.95
Homemade Traditional Apple Crumble <small>Served with crème Anglaise & vanilla ice-cream (6 - Wheat, 7, 8, 11, 14)</small>	€7.95
Classic Tiramisu <small>Served with honeycomb ice-cream & chocolate sauce (6 - Wheat, 7, 8, 11, 14)</small>	€7.95
Homemade Chocolate Brownie <small>Served with chocolate sauce & vanilla ice-cream (6 - Wheat, 7, 8, 11)</small>	€7.95
Chocolate & Coconut Tart <small>(Vegan friendly & Gluten Free) Served with raspberry sorbet & raspberry coulis (5, 8, 9)</small>	€7.95
Crème Brulée <small>(Gluten Free) Served with shortbread biscuit & vanilla ice-cream (5, 8, 9)</small>	€7.95

Allergen Index

1&2 - Shellfish (e.g. Prawns or Mussels), 3 - Fish, 4 - Peanuts,
5 - Nuts (Specify Nut), 6 - Cereal containing Gluten,
7 - Milk/Milk Products, 8 - Soya, 9 - Sulphur Dioxide,
10 - Sesame Seeds, 11 - Egg, 12 - Celery and Celeriac,
13 - Mustard and 14 - Lupin

Hot Beverages...

Breakfast Tea	€3.00
Americano	€3.40
Large Americano	€3.80
Cappuccino	€3.60
Latte	€3.60
Mocha	€3.80
Latte Macchiato	€3.60
Espresso	€3.30
Double Espresso	€3.50
Flat White	€3.60
Hot Chocolate	€3.80
Speciality Teas	€3.40

Live Music

Every Friday & Saturday

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