

Welcome to



The Wheat

BAR & BISTRO

To Start...

Slow cooked Irish Pork Belly €9.95

Served in a sticky B.B.Q sauce with lightly pickled vegetables (MK, SY, SP, CY, SE, MD)

Classic Caesar Salad €8.95

Garlic & herb croutons, bacon lardons, parmesan cheese & anchovy dressing (FH, WH1, MK, SY, SP, CY, SE, MD)

(Add Chicken €3 extra, Prawns €4 extra)

Vegan friendly Caesar Salad €8.95

Crisp baby gem lettuce, herb croutons, sundried tomato, vegan parmesan cheese coated in vegan garlic dressing (SY, SP, CY, MD)

Chicken, Mozzarella & Sundried Tomato Spring Roll €9.95

Mixed leaves with a mango & chilli dip (WH1, MK, SY, SP, CY, MD)

Loaded Nachos €9.95

Tortilla chips, queso dip, topped with spiced mince beef, tomato salsa, sour cream & guacamole (WH1, MK, SY, SP, CY, MD)

Salt & Pepper Squid €10.50

With Asian slaw and lemon, citrus & garlic aioli (CS, WH1, MK, SY, SP, CY, MD)

Goats Cheese Salad €11.95

With red onion marmalade, beetroot coulis & rocket salad (MK, SY, SP, CY, MD)

Confit Chicken Wings €9.95

Blue cheese dip, celery sticks, side salad with a choice of B.B.Q or hot sauce (FH, WH1, MK, SY, SP, CY, MD)

Homemade Soup of the Day €7.95

With brown soda bread (Please ask server for today's option)

Cauliflower Wings €8.95

Marinated spice coated cauliflower florets served with mixed leaves & a mango chilli dip (SY, SP, CY, MD)

The Main Event...

'GOURMET BUTCHER' 10oz Dry Aged Irish Rib Eye Steak €34.95

Sauté onions, baked flat cap mushroom, roast cherry tomato, frizzled onions with a choice of brandy & peppercorn sauce or garlic butter. Accompanied with a mixed leaf salad & a choice of French fries or chunky chips (WH1, MK, SY, SP, SE, EG, CY, MD)

Roast of the Day €18.50

Please ask server for today's option

Pan Seared Medallions of Irish Pork €18.95

Cooked in a red onion marmalade, Bulmers cider with a grain mustard sauce served on a puff pastry basket with a side of seasonal vegetables (SE, MK, SY, SP, CY, MD, WH1)

Southern Fried Chicken Burger €18.95

Caramelised onion, tomato, crisp lettuce, smoked bacon mayo with an oak smoked cheddar cheese in a B.B.Q & sesame seed bun with burger sauce served with mixed leaf salad & a choice of French fries or chunky chips (WH1, MK, SY, SP, EG, SE, CY, MD)

'GOURMET BUTCHER' Chuck & Brisket Beef Burger €18.95

Caramelised onion, tomato, crisp lettuce, smoked bacon mayo with an oak smoked cheddar cheese in a B.B.Q & sesame seed bun with burger sauce served with mixed leaf salad & a choice of French fries or chunky chips (WH1, MK, SY, SP, EG, CY, MD, SE)

Citrus & Herb Battered Fillet of Fish & Chips €18.95

Served with side salad tartare sauce, pea puree and a choice of French fries or chunky chips (CY, SP, MD, FH, EG, WH1)

Marinated Chicken & Vegetable Curry €18.95

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

Braised Irish Feather Blade Steak €22.95

Garlic potatoes, celeriac puree, tender stem broccoli & peppercorn sauce (MK, SY, SP, CY, MD)

Half Honey Roast Duck €23.95

Sauté Pak Choi & vegetables in a hoisin & ginger sauce with basmati rice (WH1, MK, SY, SP, CY, MD)

Tiger Prawn, Chorizo & Spinach Linguini €19.95

Linguini pasta cooked in chorizo, tiger prawns, spinach with basil & garlic pesto. Served with garlic bread (WH1, MK, SY, SP, EG, CY, MD, CS)

Fish of the Day (Please ask server for today's fish option) €18.95

Sauté greens, baby potato, roast cherry tomato in a lemon, caper & dill butter (FH, MK, SY, SP, CY, MD)

Roasted Vegetable & Chickpea Curry €16.95

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

Vegetable Stir-Fry €16.50

Wok fried mixed vegetables, in a soy, sesame & oyster sauce with egg noodles (EG, WH1, SY, CY, SP, MK, SE, MS)

(Add Chicken €3.50 extra, Prawns €4 extra (CS))

All our beef products are Certified Irish

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

Sides...

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|---|-------|
| Buttered Vegetables (MK) | €4.50 |
| Creamed Mash Potatoes (MK, SP) | €4.50 |
| French Fries / Chunky Chips / Potato Wedges (MK, SP) | €4.50 |
| House Side Salad (SY, MD, CY) | €4.50 |
| Asian Slaw (SY) | €4.50 |
| Basmati Rice | €4.50 |
| Sauté Mushrooms (MK) | €4.50 |
| Sauté Onions (MK) | €4.50 |

Pizza...

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| 12" Margherita Pizza | €13.95 |
| Tomato and herb-based sauce with mozzarella cheese and fresh basil (WH1, MK, SY, CY, MD, SP) | |
| 12" Pepperoni Pizza | €14.95 |
| Tomato and herb-based sauce with mozzarella cheese and pepperoni (WH1, MK, SY, CY, MD, SP) | |
| 12" Roast Vegetable Pizza (Vegetarian Friendly) | €14.95 |
| Tomato and herb-based sauce with mozzarella cheese and chargrilled roasted peppers, courgette, aubergine, red onion and rocket leaves (WH1, MK, SY, CY, MD, SP) | |
| 12" Pavilion Special | €15.95 |
| Tomato and herb-based sauce with mozzarella cheese, ham, sweetcorn, mushroom, onion, peppers and pepperoni (WH1, MK, SY, CY, MD, SP) | |
| Add Extra Toppings | €1.50 |
| Selection includes: Mushrooms, onion, ham, pineapple, cajun chicken, sweetcorn, jalapeno, fresh chilli, peppers, chorizo | |
| per topping | |

To Finish...

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| Chocolate Mousse Cake | €8.50 |
| With a berry compote & orange ice cream (WH1, MK, SY, SP, EG) | |
| Cheesecake of the Day (Please ask server for today's option) | €8.50 |
| With berry coulis & vanilla ice cream (WH1, MK, SY, SP, EG) | |
| Gluten Free Warm Chocolate Brownie | €8.50 |
| With chocolate sauce & vanilla ice cream (MK, SY, SP, EG) | |
| Warm Salted Caramel & Chocolate Brownie | €8.50 |
| With chocolate sauce & vanilla ice cream (WH1, MK, SY, SP, EG) | |

Warm Apple Crumble €8.50

With custard & vanilla ice cream (WH1, MK, SY, SP, EG)

Vanilla Crème Brulé €8.50

With a rhubarb & strawberry compote, vanilla ice crème with shortbread biscuits

(WH1, MK, SY, SP, EG)

Vegan Friendly Chocolate & Coconut Tart €8.50

With raspberry sorbet & raspberry coulis (WH1, MK, SY, 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 €3.00

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

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