### STARTERS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Soup of the Day</strong></td>
<td>€4.95</td>
<td>Accompanied with brown bread. Allergens: 6 oats &amp; wheat, 7, 9, 12</td>
</tr>
<tr>
<td><strong>Golden Fried Chicken Wings</strong></td>
<td>€7.50</td>
<td>Chicken wings marinated in Frank's buttry hot sauce or BBQ sauce &amp; served with a blue cheese dip &amp; celery stick. Allergens: 6 wheat, 7, 8, 10, 12, 13</td>
</tr>
<tr>
<td><strong>Garlic Mushrooms</strong></td>
<td>€6.95</td>
<td>Golden fried breaded mushrooms served with a garlic aioli &amp; side salad. Allergens: 6 wheat, 7, 11 &amp; 13</td>
</tr>
<tr>
<td><strong>Caesar Salad</strong></td>
<td>€7.95</td>
<td>Baby gem lettuce, creamy Caesar dressing, crispy bacon wafers, croutons &amp; parmesan cheese. Allergens: 6 oats &amp; wheat, 7, 8, 11, 12, 13</td>
</tr>
<tr>
<td><strong>Grilled Goats Cheese Salad</strong></td>
<td>€7.95</td>
<td>Fresh rocket leaves, black olive tapenade, roasted tomatoes and red peppers, all dressed with balsamic reduction. Allergens: 7, 11, 12, 13</td>
</tr>
<tr>
<td><strong>Irish Oak Smoked Salmon</strong></td>
<td>€8.95</td>
<td>Mixed leaf salad, capers, pickled red onion, sour cream &amp; brown bread. Allergens: 3 salmon, 6 oats &amp; wheat, 7, 11 &amp; 13</td>
</tr>
</tbody>
</table>

### SALADS

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<thead>
<tr>
<th>Item</th>
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</tr>
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<tbody>
<tr>
<td><strong>Grilled Goats Cheese Salad</strong></td>
<td>€13.50</td>
<td>Fresh rocket leaves, black olive tapenade, roasted tomatoes and red peppers, all dressed with balsamic reduction. Allergens: 7, 11, 12, 13</td>
</tr>
<tr>
<td><strong>Caesar Salad</strong></td>
<td>€12.50</td>
<td>Baby gem lettuce, creamy Caesar dressing, crispy bacon wafers, croutons &amp; parmesan cheese. Allergens: 6 oats &amp; wheat, 7, 8, 11, 12, 13</td>
</tr>
<tr>
<td><strong>Irish Sirloin Steak Sandwich</strong></td>
<td>€16.95</td>
<td>Grilled Irish sirloin served in ciabatta bread with mayonnaise, sauteed onion and crispy baby gem lettuce. Served with relish and chunky chips. Allergens: 7, 12, 13</td>
</tr>
<tr>
<td><strong>The Grain &amp; Grill Irish Angus Ground Steak Burger</strong></td>
<td>€16.50</td>
<td>Grilled beef burger, smoked bacon, cheddar cheese on a brioche bun with garlic aioli, relish, tomato, onion, crispy lettuce &amp; served with chunky chips &amp; onion rings. Allergens: 6 oats &amp; wheat, 7, 8, 11, 12, 13</td>
</tr>
</tbody>
</table>

### MAIN COURSES

<table>
<thead>
<tr>
<th>Item</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>10oz Irish Sirloin</strong></td>
<td>€25.95</td>
<td>Served with creamy peppercorn sauce, garlic butter, mixed salad, sautéed mushrooms, onions and chunky chips. Allergens: 7, 12, 13</td>
</tr>
<tr>
<td><strong>Irish Oak Smoked Salmon</strong></td>
<td>€8.95</td>
<td>Mixed leaf salad, capers, pickled red onion, sour cream &amp; brown bread. Allergens: 3 salmon, 6 oats &amp; wheat, 7, 11 &amp; 13</td>
</tr>
</tbody>
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**ALLERGEN INDEX**

1 & 2 Shellfish (molluscs, crustacean), 3 Fish, 4 Peanuts, 5 Nuts, 6 Cereal containing gluten, 7 Milk/Milk Products, 8 Soya, 9 Sulphur dioxide, 10 Sesame Seed, 11 Egg, 12 Celery and Celeriac, 13 Mustard, 14 Lupin
Grain & Grill Chicken Burger €15.95
Crispy buttermilk chicken on a brioche bun with a chilli & pepper relish, ruby slaw & served with chunky chips
Allergens 6 oats & wheat, 7, 8, 11, 12, 13

BBQ Baby Back Ribs €15.95
Succulent pork ribs, slow cooked and smothered in our house barbeque sauce. Served with ruby slaw and chunky chips
Allergens 6 oats & wheat, 7, 8, 9, 12, 13

Fish & Chips €17.50
Crunchy battered fresh cod with salt & vinegar chips, tartar sauce and caramelised lemon
Allergens 3 cod, 6 oats & wheat, 7, 11, 12, 13

Jane Russel’s Award-Winning Italian Meatballs €16.95
Served with Fennel, parmesan, nduja blended with pork & tagliatelle pasta
Allergens 6 wheat, 11 & 13

Beef & Guinness Pie €14.95
Tender pieces of slow cooked beef, cooked in a rich Guinness gravy with silverskin onions, topped with puff pastry & served with mash
Allergens 6 wheat, 7, 8 & 13

The Maldron Club €12.50
Grilled chicken breast and crispy bacon in a toasted Ciabatta bread, with chilli aioli, tomato relish, crispy lettuce, tomato and red onion
Allergens 6, 7, 11, 12, 13

Red Thai Vegetable Curry (v) €13.50
add chicken €15.50
Thai curry scented with coconut milk and kaffir leaves, served with long grain rice and poppadum
Allergens 7, 8, 11, 12, 13

S I D E S

Chips €4.50
Onion Rings €4.50
Steamed Root Vegetables €4.50
Mash Allergen 7 €4.50
Sweet Potato Mash €4.50
House Salad Allergen 13 €4.50

D E S S E R T S

Chocolate Brownie €5.95
Served warm with a caramel sauce & vanilla ice-cream
Allergens 5 almonds, 6 wheat, 7, 11

Crème Brulee €6.95
Classic crème brulee served with homemade shortbread biscuit
Allergens 5 trace of nuts, 6 wheat, 7, 8, 11

Selection of Ice Cream €5.95
Allergens 7, 11

Warm Apple Tart €5.95
Served with ice cream & butterscotch sauce
Allergens 6, wheat, 7, 11

Seasonal Fruit Crumble €5.95
Served with crème anglaise and fresh cream
Allergens 5 nut traces, 6 wheat, 7, 8, 9, 11, 14

ALLERGEN INDEX
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