



# LOUGHSIDE

— BAR & GRILL —

GLUTEN FREE MENU

## STARTERS

### SOMETHING SOUP £7

Gluten Free Bread (2, 3, 4, 5, 6)

### SMOKED IRISH SALMON £9.50

Smoked Irish Salmon - Fivemiletown Cream Cheese - Baby Leaves - Crispy Capers - Honey Mustard Dressing (2, 3, 4, 8, 10)

### GARLIC CHILLI PRAWNS £15\*\*

Chorizo - Toasted Gluten Free Bread (2, 3, 5)

### GOATS CHEESE - POACHED FIG SALAD

**Starter £9 | Main £14**

Poached Figs - Fivemiletown Goats Cheese - Rocket - Caramelised Red Onion - Honey & Mustard Dressing (2, 4, 5, 7)

### FERMANAGH CHICKEN CAESAR SALAD

**Starter £9 | Main £12**

Sliced Chicken Breast - Fermanagh Back Bacon - Gem Hearts - Anchovies - Parmesan Cheese - Gluten Free Bread (2, 3, 4, 5, 7)

### LOUGHSIDE SALAD

**Starter £9 | Main £12**

Mozzarella Cheese - Roasted Peppers Puree - Basil Pesto - Beef Tomatoes - Roasted Almonds - Rocket Salad (2, 3, 4, 5, 6)

## MAIN COURSES

### 8OZ RIB-EYE OF LISDERGAN IRISH BEEF - £25

Gluten Free French Fries - Choice of Béarnaise - Peppercorn Sauce - Garlic Butter (2, 4, 5, 7)

### 8OZ MATURE BONE ON SIRLOIN OF LISDERGAN IRISH BEEF £27\*

Gluten Free French Fries - Choice of: Béarnaise - Peppercorn Sauce - Garlic Butter (2, 4, 5, 7)

### GRILLED SEABASS £16

Grilled Seabass - Butternut Squash - Potato - Courgette - Pak Choi - Thai Broth - Chilli Oil  
(2, 3, 4, 5, 8)

### WHOLE ROASTED CHICKEN

**SERVES 2 - £28**

Lemon & Thyme Fermanagh Chicken - Roasted Root Vegetables - Coleslaw - Gluten Free French Fries  
(2, 3, 4, 5, 6)

### CRISPY BUTTERMILK CHICKEN £18

Coleslaw - Whiskey BBQ Sauce - Gluten Free French Fries (2, 3, 4, 5, 6)

### BRAISED SHANK OF IRISH LAMB £18

Confit Carrot - Whipped Creamed Potato - Roast Onion Gravy  
(2, 3, 4)

*For your convenience, a 10% gratuity will be added to your final food bill. Gratuities can be adjusted or removed at your discretion. For guests on an inclusive dinner, items marked with \* are subject to a £6 supplement. For guests on a "Wine & Dine" package, items marked with \*\* are subject to a £6 supplement. All items are subject to availability. Some foods may contain nuts or nut oils*



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## SIDE ORDERS

ROASTED VEGETABLES - GLUTEN FREE FRENCH FRIES  
MIXED LEAVES - CREAMED POTATOES - COLESLAW  
£3.50 each

## DESSERTS

STRAWBERRIES & CREAM £6.50

LEMON MERINGUE SUNDAE £6.50  
Flaked Almonds - Fruit Coulis (2, 5, 6)

LOUGHSIDE SUNDAE £6.50  
*Glastry's Lemon Meringue Ice Cream - Lemon Curd Meringue (2, 5, 6, 7)*

## WINES

### WHITE

Viognier, Domaine Chateau D'Eau 2014  
Pays d'Oc, France

GLASS BOTTLE  
£6.80 £25

Pinot Grigio, 2018 D.O.C,  
La-Vis Simboli, Trentino, Italy

£7.50 £28

Heart of Stone, Sauvignon Blanc 2018,  
Marlborough, New Zealand

£7.50 £28

Domaine Ventenac, Chardonnay 2017  
Languedoc

£7.50 £27

### RED

Côtes du Rhône, Reserve des Amoiries 2014  
Rhône Valley, France

£25

Domaine Sainte Rose Le Mistral Merlot 2018,  
Languedoc, France

£7 £26

Windy Peak, Pinot Noir 2018,  
Yarra Valley, Australia

£7.80 £29

Rustenberg, Cabernet Sauvignon 2017  
Stellenbosch, South Africa

£7.80 £29

### ROSE

Domaine de Pellehaut Rosé,  
Cotes de Gascogne, France

GLASS BOTTLE  
£6.80 £24

### SPARKLING & CHAMPAGNE

Valdo Marca Oro Prosecco Spumante,  
Valdobbiadene, Italy

£7.50 £33

Billecart-Salmon Brut Réserve,  
N/V, Mareuil, France

£80

**IF YOU HAVE AN ALLERGY OR INTOLERANCE TO ANY FOOD SUBSTANCE, PLEASE INFORM YOUR SERVER AND WE WILL DO OUR UTMOST TO ACCOMMODATE YOUR REQUEST.**

(1) Gluten, (2) Dairy, (3) Mustard, (4) Celery, (5) Egg, (6) Nuts, (7) Soya, (8) Crustacean, (9) Molluscs, (10) Fish