

## STARTERS & SMALLER DISHERS

### RUSTIC BREAD & HAZELNUT HUMMUS (V) – €5.50

Finished with Aged Balsamic Vinegar & Extra Virgin Olive Oil

### BLUE HAVEN SEAFOOD CHOWDER (GF) – €8.50

Served with Daily Baked Soda Bread

### CALAMARI TEMPURA (GF) – €8.90

Served with dressed rocket & garlic aioli

### PANKO CRUMBED KINSALE SCAMPI – €9.50

Served with garlic & lemon aioli & three tomato salad

### SEASONALLY INSPIRED SOUP OF THE DAY (GF) – €4.90

Served with Daily Baked Soda Bread

### SPANISH FRIES (V) – €6.50

With Jalapeno Peppers, Black Olives, our own Spicy Seasoning & Melted Mozzarella

### LOUISIANA STYLE HOT WINGS – €9.50

Served with Cashel Blue Cheese, Mayonnaise & Celery Sticks

### MINI FISH & CHIPS – €9.50

Beer Battered Fish with Mushy Peas, homemade Tartar Sauce & Maldon Sea Salt

### LOCAL OYSTERHAVEN MUSSELS – €11.50

With a Garlic White Wine Cream Sauce & Sour Dough Garlic Crostini

### WILD ATLANTIC WAY CRAB CRUMBLE (GF) – €13.50

Tomato Beurre Blanc, Hegarty's Farmhouse Cheddar, Hazelnut & Almond Soft Herb Crumb

### JAMIE'S CLAY POT KING PRAWNS & IBERICO CHORIZO – €13.50

Iberico Chorizo & Pan Fried King Prawns with Garlic, Chilli, Shallots & Parsley

## PASTA

### GIGANTI RICOTTA & ASPARAGUS TORTELLINI (V) – €16.00 (With Chicken €18.00)

Finished with Green Peas, Asparagus, Basil Veloute, Rocket & Parmesan Salad

### CHICKEN PENNE CARBONARA – €16.50

Smoked Pancetta, Garlic, Parsley Cream & Egg

### SIDE ORDERS – €3.50 EACH

- CREAMY MASH OR SMOKED GARLIC MASH (GF)
- ROCKET AND PARMESAN SALAD WITH AGED BALSAMIC VINEGAR & SUN BLUSHED TOMATO – (H) (GF)
- CRUNCHY SALAD, SHAVED CARROT, BEETROOT, LEMON & MINT – (H) (GF)
- FRENCH BEANS WITH SMOKED BACON BUTTER – (GF)
- BEER BATTERED ONION RINGS
- BUTTER GLAZED ASPARAGUS – (GF)
- STEAMED BUTTER GLAZED SEASONAL VEGETABLES – (GF)
- SEA SALT CHIPS – (GF)
- CARROT, PARSNIP & SWEDE PUREE – (GF)
- SUNDRIED TOMATO & BASIL GARLIC BREAD
- CAJUN SPICED CRISPY POTATO SKINS WITH CHIPOTLE SAUCE

## SALADS

### CHARGRILLED NORTH AFRICAN HARISSA CHICKEN SUPERFOOD SALAD (H) – €15.50

Chargrilled Harissa Chicken, Giant Cous Cous, Roasted Red Peppers, Chickpeas, Torn Mint, Micro Coriander, Tenderstem Broccoli, Crushed Hazelnuts & Cottage Cheese

### ST TOLA ORGANIC GRILLED GOATS CHEESE & BEETROOT SALAD (H) – €14.50

Caramelised Walnuts, Wild Rocket & Red Onion Jam, Sun Blushed Tomatoes, Roasted Beets, Balsamic Reduction & Garlic Crostini

## GOURMET PIZZAS

### THE CLASSIC MARGHERITA (V) – €11.50

Mozzarella Cheese, Sliced Tomato, Freshly Torn Basil Leaf

### THE WEST CORK PIG – €14.50

Rosscarbery Black Pudding, Slow Cooked Irish Pulled Pork, Toons Bridge Smoked Scamorza Cheese, Mozzarella, Crisp Sage Leaves & Spiced Mango Chutney

### THE HOT AND SPICY ONE – €14.50

House Chilli Beef, Spicy Pepperoni, Crispy Pancetta, BBQ Chicken, Red Onion, Garlic Mushrooms & Creamy Mozzarella

### THE NUTTY GOAT – €13.50

St. Tola Goats Cheese, Mozzarella, Walnuts, Wild Rocket, Crispy Pancetta & Homemade Red Onion Jam

### Extra Toppings – €2.00 each

Pepperoni, Ham, Onions, Mushrooms, Tomatoes, Black Pudding, Goats cheese, Pancetta, Pulled Pork, Smoked Scamorza Cheese, Chilli Beef, BBQ Chicken

## SEAFOOD SELECTION

### BLUE HAVEN FISH TACOS WITH CRISPY SPICY POTATO SKINS – €15.90

Mexican style beer battered fish with Pico de Gallo salsa, spicy dill dressing, sliced red cabbage & pickled chillies, all loaded onto freshly made tacos with micro coriander, served with crispy Cajun spiced potato skins

### JAMIE'S OYSTERHAVEN MUSSELS & FRITES – €17.90

Finished with a Garlic White Wine Parsley Cream Sauce, Garlic Crostini & Sea Salt Frites

### THE BLUE HAVEN FISH PIE – €15.90

Atlantic Salmon, Smoked Haddock & Cod all bound together with a Parsley White Onion & Dill Cream Sauce. Finished with Hegarty's Cheddar & Chive Mash, Daily Baked Soda Bread & French Style Peas

### THE CLASSIC BLUE HAVEN FISH & CHIPS – €16.90

Served in Crisp Beer Batter with Mushy Peas, Tartar Sauce, Maldon Sea Salt & Lemon

(Recommended By Lucinda O'Sullivan)

Our meat & seafood are both locally sourced & we guarantee to use Irish Beef.

(GF) Gluten Free (V) Vegetarian (H) Healthy Option

## CHARGRILL & MAIN COURSES

**8OZ CHILLI SPICED HEREFORD FLAT IRON STEAK - €21.00**  
**14OZ BONE IN RIB EYE - €28.90**

Both Served with Sea Salt Chips, Garlic Butter or Pepper Sauce garnished with Roasted Field Mushrooms, Asparagus, Cherry Vine Tomatoes & Beer Battered Onion Rings

**(Please allow extra cooking time for steaks over a medium temperature)**

**BLUE HAVEN 100% IRISH HEREFORD BEEF BURGER - €16.90 ( Add Bacon €2.00)**

Irish Hereford Beef Burger chargrilled to perfection, served with our own speciality Potato Bread Bun, Smoked Scarmorza Cheese, Dill Gherkins, Sliced Tomato, Rocket Leaves, Red Onion, Special Mustard Relish & Sea Salt Chips, finished with a side of Peppercorn Sauce. All our burgers are cooked medium well

**GLIN VALLEY PIRI PIRI CHICKEN BURGER - €15.50**

Piri Piri Marinated Chicken Breast, Spicy Chipotle Sauce, Tomato Relish, Sliced Tomato, Rocket & our own Speciality Potato Bread Bun

**THAI RED CURRY (V) (GF) - €15.50**

Asian Vegetables sauteed & served in an Authentic Thai Red Curry Paste, mixed with Coconut Cream, Lemongrass & Ginger. Served with Basmati Rice

**With: Jumbo King Prawns & Kinsale Crab Claws - €19.90**  
**Chicken - €17.50**

## OYSTERS

**All Served on Crushed Ice with Lemon & Seaweed**

Wasabi Dressing, Micro Coriander & Pickled Ginger	🍷 3	€7.00
Served Naked with Guinness Shot & Tabasco		€8.50
Preserved Lemon, Black Olive & Roasted Tomato		€7.00
Bloody Mary Dressing & Celery Ribbons		€7.00
Shallot, Chive & Chilli Vinaigrette		€7.00

### Oysterhaven Oyster Platter

Served Naked on Ice with Tabasco & Lemon	🍷 6	🍷 12	€14.00	€25.00
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### Oysterhaven Grilled Oyster Platter

Finished with Garlic & Samphire Butter	🍷 6	🍷 12	€15.00	€26.00
Roasted Tomato, Aged Parmesan & Basil Crumb			€15.00	€26.00
Iberico Chorizo Butter			€15.00	€26.00
Cashel Blue Cheese			€15.00	€26.00
Brown Shrimp Butter			€15.00	€26.00

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## HOMEMADE DESSERTS

**PEANUT BUTTER & BELGIAN CHOCOLATE BROWNIE CHEESECAKE - €6.50**

With Peanut Brittle, Salted Caramel Sauce, Praline Crystals & Caramel Ice Cream

**CHURROS WITH CINNAMON SUGAR - €6.00**

With Warm Rum, Dark Chocolate Sauce & Praline Dipping Crystals

**COCONUT & LIME PANACOTTA - €6.50**

Caramelised Pineapple, Bannana Bread, Rum & Raisin Ice Cream & Toasted Coconut Crumb

**STICKY TOFFEE, WALNUT & DATE PUDDING - €6.50**

With Butterscotch Sauce, Ginger Crumb, Rum & Raisin Ice Cream

**WARM FLOURLESS CHOCOLATE MUDCAKE (GF) - €6.50**

Vanilla Bean Ice Cream & Chocolate Sauce

**APPLE & PLUM, CINNAMON, HAZELNUT OAT CRUMBLE - €6.50**

Jameson Whiskey Ice Cream, Vanilla Bean Custard

## ICE CREAM - €5.50

**CHOOSE ANY 3 FLAVOURS WITH WHIPPED CREAM, RASPBERRY SAUCE & VANILLA WAFER**

Rum & Raisin	Caramel
Pralines & Cream	Pistachio
Rhubarb	Smoked Oat & Brown Bread
Cappuccino	Low Fat Probiotic Yoghurt
Double Belgian Chocolate	Bubble Gum
Vanilla Bean	Raspberry Sorbet
Mint Chocolate Chip	Blackcurrant Sorbet
Classic Strawberry	Coconut
Crystallised Ginger	

**1 SCOOP WAFFLE CONE - €2.50**

**(Choose From List Above)**

Our Ice Cream is Homemade from Glenown Farm Co. Cork

**ICE CREAM SUNDAES - €7.50**

Blue Haven Signature Chocolate Ice Cream Sundae (Great to Share) Chocolate Mud cake Pieces, Black forest Cherries, Belgian Waffle, Double Chocolate Glenowen Farm Ice Cream, Pralines & Cream Ice, Cream & Vanilla Bean Whipped Cream & Chocolate Crisps

**We love Sundaes so much we created a separate Sundae Menu - please ask your server for details**

## WILD ATLANTIC WAY CHEESE BOARD SELECTION - €12.50

**CACIOCAVALLO PICCANTE**

(SEMI HARD FROM TOONS BRIDGE, WEST CORK)

**CASHEL BLUE**

(SEMI SOFT FROM BEACHMOUNT, CO. TIPPERARY)

**DURRUS FARM HOUSE**

(SEMI SOFT FROM COOMKEEN, WEST CORK)

**HEGARTY'S CHEDDAR**

(HARD FROM WHITECHURCH, NORTH CORK)

**PEAR & APPLE CHUTNEY, SALT & PEPPER CELERY RIBBONS & ARTISAN SAVOURY BISCUITS**