

Lunch Menu Served 12pm - 5pm

Atlantic Seafood Chowder – Homemade Brown Bread (1a,4,7,9,12)	€ 12.00
Soup of the Day – Homemade Brown Bread (1a,1d,3,7,12)	€ 8.00
Chicken Wings - Cajun BBQ, Blue Cheese Dip (7,12,10,13)	€ 12.00/€ 19.00
Cauliflower Wings - Avocado & Lime (7,9)	€ 9.00/€ 15.00
Palmer's Spring Salad - Quinoa, Beetroot, Tomato, Balsamic Dressing, Smoked Almonds Add:	
Goats Cheese (7,8a,10,12)	€ 12.00
Pesto Chicken (7,8a,10,12)	€ 13.00
Beetroot Cured Salmon (8a,4,10,12)	€ 14.00
Glenlo Club - Served with Soup or Fries Chicken, Bacon, Egg, Tomato, Lettuce, Ballymaloe Relish (1a,10,11)	€ 14.50
Cajun Spice Chicken Bap - Served with Soup or Fries Beetroot Brioche, Avocado, Red Cabbage Slaw, Gem Lettuce, Homemade BBQ Sauce (1a,3,7,11)	€ 18.50
6 oz Grilled Sirloin Ciabatta - Mushroom & Onion, Pepper Sauce, Fries (1a,3,10,12)	€ 19.50
Grilled Caesar Wrap – Warm Chicken, Lardons, Caesar Dressing, Fries (1a,3,4,7,10,12)	€ 18.00
Gilligan's Beef Burger – Herb Mayo, Caramelised Onion, Gem Lettuce (1a,3,4,6,7,12)	€ 22.50
Tempura Fish & Chips - Fish of the Day, Tartar Sauce Lemon, Fries (3,7,12)	€ 23.50
Palmer's Poke Bowl - Seasoned Rice, Avocado, Wakame, Slaw, Pickled onion, Daikon, Korean Egg, Miso Mayo (3,6,11,12) Add:	
Tempeh (6,12)	€ 14.00
Beetroot Cured Salmon (4,12)	€ 17.00
Crispy Pork Belly (9,12)	€ 17.00
Sides:	
Fries (10,12)	€ 6.00 each
Market Leaves (10,12)	
Caesar Salad (1a,7,12)	

Menu Allergen Codes for your information

1. Cereals Containing Gluten, 1a wheat, 1b Rye, 1c Barley, 1d Oats 2. Crustaceans, 3. Eggs, ,4. Fish, 5. Peanuts,
6. Soya, 7. Milk, 8. Nuts 8a Almond, 8b hazelnut, 8c Walnuts, 8d Cashews, 8e Pecan nuts, 8f Brazil, 8g Pistachio,
8h Macadamia 8i Pine nuts 9. Celery 10. Mustard,
11. Sesame Seeds 12. Sulphur Dioxide and Sulphites, 13. Lupin 14. Molluscs