

**Cois Locha Restaurant**  
**Dinner Menu**

**Starters**

**Homemade Soup of the Day (1w,3,7,10,11,12) (AGF)**

With freshly baked bread

**Irish Oak Smoked Salmon Salad (4,10,12)**

With seasonal leaves, honey & mustard dressing, red onion and capers

**Melon platter**

With honeydew, cantaloupe and watermelon, fresh fruit coulis and wild berry sorbet

**Limerick Pulled Ham and Applewood Smoked Cheese Potato Croquette  
(1w,3,7,10,12)**

With rocket leaves, and smoked paprika aioli

**Warm Burrata and Sicilian Cherry Tomato Salad (1w,3,7,10,12)**

With pesto and rustic garlic sourdough bread

**Mains**

**10oz 28 Day Aged Hereford Sirloin Steak (GF) (Supplement €8.50)  
(1,6,7,10,11,12)**

Cooked to your liking. Served with a choice of cracked black peppercorn sauce, garlic butter or red wine jus and crispy onion rings. With a choice of creamed potatoes & roasted vegetables, or chips & salad.

**Slow Cooked Soya and Ginger Marinated Pork Belly (6,12)**

With braised Pac choi, broccoli, lemongrass and mango salsa & apple compote

**Pan-seared Seabass (7,12)**

With buttered greens, sauteed baby potatoes, and shellfish cream sauce

**Grilled Escalope of Chicken (1w,3,7)**

With sauteed sweet potato, Serrano ham crumble, and tarragon and lemon cream sauce

**Baked Salmon (2,4,6,7,9,12,14)**

With seared garlic prawns & sauce Vierge

**Healthy Mexican Bowl (3,10,12,13)**

Salad bowl with mixed leaves, avocados, pinto beans, kidney beans, Sicilian sundried cherry tomato, fresh coriander and crushed chilli tortilla chips.

*Add southern chicken (3,9,10,12,13)*

*Or add baked fillet salmon with sundried tomato butter (3,4,7,10,12,13)*

## Desserts

**Cheesecake of the Day** (1,3,7,8)  
with a fruit coulis & fresh cream

**Apple & Cinnamon Crumble Tart** (1,3,7,8,12)  
with crème anglaise & vanilla ice cream

**Warm Chocolate Brownie** (1,3,7,8)  
with vanilla ice cream & chocolate sauce

**Trio of Ice Creams** (3,7,8)  
with caramel and chocolate sauce

**Tiramisu** (1,3,6,7,10)  
lady finger biscuits soaked in coffee & rum  
with sweetened mascarpone cheese & cocoa

**Sticky Toffee Pudding** (1,3,7)  
with caramel sauce and vanilla ice cream

### Tea or Coffee

€25.00 Mains only tea / coffee

€37.50 Mains and dessert / starter & tea / coffee

€47.00 Starter / mains / dessert & tea / coffee

### *Please ask to see our extensive Cocktail menu*

- Some products are produced alongside nuts / nut oil so we cannot guarantee no trace.
- GF / AGF; If you are coeliac, highlighted dishes are Gluten Free / Available Gluten Free
- A range of other dishes can be prepared without gluten with minor adjustments so please inform your server. All soups, chowders, sauces are gluten free.
- Please ask your server to see our wine list supplied by Findlater wines.
- Please ask your server for our Vegan menu.
- All our desserts are made in the hotel by our pastry team.
- All of our beef is Irish Hereford & sourced locally in ABP Nenagh and can be fully traced from farm to fork.

**ALLERGENS:** 1=cereals containing gluten, 2= crustaceans, 3=eggs, 4=fish, 5= peanuts, 6= soya, 7= milk, 8 =nuts, 9= celery/celeriac, 10 =mustard, 11= sesame seeds, 12= Sulphur dioxide (sulphites), 13= lupin, 14= mollusc