

LUNCH MENU

The Heights Hotel Mill Bar & Brasserie

lunch served from 12am to 5pm

STARTERS

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SOUP OF THE DAY <i>brown bread (5,6 wheat,7,9,11,12) * V, GF</i>	6.00
SEAFOOD CHOWDER <i>dill, soda bread (1,2,3,6 wheat, oat, 7,9,11,12)</i>	7.50
DEEP FRIED BATTERED PRAWNS <i>Teriyaki Dip, Fennel & Rocket Salad & Sesame Seeds (1,2,6,7,8, 9,10) *GF</i>	13.50
BBQ WINGERS <i>Deep Fried Chicken Wings, Barbeque Sauce, Corn Slaw, Tortilla Crisps (7,8,9,11,12,13)</i>	10.50
DUET OF WARM SALMON, GRILLED & SMOKED <i>nicoise style salad, creme fraiche (3,7,8,9,13)</i>	12.00

SANDWICHES

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CHICKEN GOUJON & STREAKY RASHER WRAP <i>gem lettuce and mayo in a warm tortilla wrap (6 wheat, oat, 7,8,9,11,12,13)</i>	9.50
THE MILLS TOASTED SPECIAL <i>honey roast ham, coolea cheese, vine tomato, red onion, Eve's Leaves smoky tomato relish, Keogh's crisps (6 wheat,7,8,9,10,13) * V, GF</i>	7.50
6OZ HEREFORD STEAK SANDWICH <i>ciabatta, garlic butter, sautéed mushrooms and onions, fries. Peppercorn sauce and coleslaw on the side (5,6 wheat, 7,8,9,11,13) *GF</i>	17.00
OPEN BROWN BREAD <i>grilled chicken, sun blushed tomatoes, melted brie, pesto (6,wheat,7,8,9,11,12,13) * GF</i>	9.50
CORONATION WRAP <i>roast chicken, baby gem, red onions, curried mayo, piccalilli (6 wheat, oat, 7,8,9,11,12,13)</i>	9.50

SALADS

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CRUNCHY BROCCOLI AND BEETROOT SALAD <i>Tossed with broccoli, beetroot, edamame, cucumber, sunflower seeds, cranberries, pomegranate vinaigrette (6,7,5,9,13) * V, VGN, GF</i>	11.50
Add Grilled Chicken	13.50
THE HEIGHTS CAESAR <i>baby gem, herb croutons, parmesan (1,2,3,6 wheat,7,8,9,10,11,13) * V, GF</i>	10.50
Add Roast Chicken	13.50
Add Tempura Prawns <i>(1,2,6 wheat,7)</i>	15.50
SMOKED DUCK & BOILIE GOAT'S CHEESE BON BONS <i>Rolled in Oats & Hazelnut, Rocket Salad, Sourdough Crute (5 hazelnut,6 oat,7, 8,9),13 * GF, *V</i>	13.50

MAIN COURSES

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BEER BATTERED FISH & CHIPS <i>tartare sauce, pea, lemon, salad (1,2,3,6 wheat,7,8,9,11,13) * GF</i>	19.50
RUBY MURRAY CHICKEN CURRY <i>rice, naan, poppadom, chutney (6 wheat, 7,9,12,13) * GF</i>	18.50
TEMPLE PLATE <i>fragrant rice, curried chickpea, tofu, pumpkin seed, avocado, beetroot, tomato, baby gem, cucumber, piccalilli (5,8,9,12,13) * V, GF, VGN</i>	17.50

SIDES

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CHIPS (9) * GF, VGN	4.50
ONION RINGS (5,6,9,11) * V, VGN	4.50
SLAW (7,8,9,11,12,13) * V, GF	4.50
SMALL MIXED SALAD (12,13) * V, GF, VGN	4.50
VEGETABLES OF THE DAY (7,9,12) * V,GF,VGN	4.50
CREAMED POTATO MASH (7,9) * V, GF	4.50
MUSHROOMS & ONIONS (7) * V, GF, VGN	4.50

* Foods that can be adapted to suit (V- Vegetarians), (GF- Gluten Free), (VGN- Vegan)

Please ask your server.

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COFFEE	€	DESSERTS	€
TEA / COFFEE HERBAL	2.80	THE MILLS SUNDAE	7.50
TEA CHOCOLATE	3.00	<i>vanilla and salted caramel, chocolate, coulis, cookie, brownie, kisses (5 hazelnut, walnut, almond, 6 wheat, 7, 8, 11)* GF</i>	
LATTE CAPPUCCINO	3.50	CHOCOLATE AND CRANBERRY CAKE	7.50
DOUBLE ESPRESSO	3.50	<i>coconut and vanilla ice cream, berry compote (5, almond, 8) * VGN, GF</i>	
IRISH COFFEE	6.50	CHEESECAKE	7.50
CALYPSO COFFEE	6.50	<i>white chocolate & raspberry (5, 6 wheat,7,11)</i>	
BAILEYS COFFEE	6.50		
<hr/>		BROWN SUGAR APPLE AND CINNAMON CRUMBLE	7.50
PASTRIES €		<i>vanilla bean ice cream and creme anglaise (5,6,7,11)</i>	
PASTRY WITH TEA OR COFFEE	3.50	MERINGUE NEST	7.50
BAKER'S BASKET	6.00	<i>fruits, berries, cream (5, 7,11)</i>	

WINES BY THE GLASS

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WHITE WINES

Les Jamelles Chardonnay Gabriella	7.00
Pinot Grigio	7.00
Maori Bay Sauvignon Blanc	7.70
Picpoul De Pinet Petite Ronde	8.00

RED WINES

Les Jamelles Cabernet Sauvignon Les	7.00
Jamelles Merlot	7.00
Caleo Montepulciano	7.50
Finca La Linda Malbec	7.50

ROSÉ AND SPARKLING SELECTION

Rosé

Glass : €8.00 | Bottle €41.00

Masottina Spumante Prosecco

Snipe: €12.00 | Bottle €44.00

Pannier Champagne

Bottle €90.00