

# THE MILL BAR & BRASSERIE

## at The Heights Hotel

### TO START

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**DEEP FRIED BATTERED PRAWNS** 13.50  
Teriyaki Dip, Fennel & Rocket Salad & Sesame Seeds  
(1,2,6,7,8, 9,10) \*GF

**BBQ WINGERS** 10.50  
Deep Fried Chicken Wings, Barbeque Sauce, Corn Slaw, Tortilla  
Crisps (7,8,9,11,12,13)

**SMOKED DUCK & BOILIE GOAT'S CHEESE BON BONS** 13.50  
Rolled in Oats & Hazelnut, Rocket Salad, Sourdough Crute (5  
hazelnut,6 oat,7, 8,9),13 \* GF, \*V

**CRUNCHY BROCCOLI AND BEETROOT SALAD** 10.50  
broccoli, beetroot, edamame, cucumber, sunflower seeds,  
cranberries, pomegranate vinaigrette,  
(5,7,9) \* V, VGN, GF

*Add Grilled Chicken* 12.50

**DUET OF WARM SALMON, GRILLED & SMOKED** 12.00  
nicoise style salad, creme fraiche (3,7,8,9,13)

**SOUP OF THE DAY** 6.00  
brown bread (5,6 wheat,7,9,11,12) \* V, GF

**SEAFOOD CHOWDER** 7.50  
dill, soda bread (1,2,3,6 wheat, oat,7,9,11,12)

**THE HEIGHTS CAESAR** 10.50  
baby gem, herb croutons, parmesan  
(1,2,3,6 wheat,7,8,9,10,11,13) \* V, GF

*Add Roast Chicken* 13.50

*Add Tempura Prawns* 15.50

### 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

### MAINS

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**WILD ATLANTIC WAY FISH & CHIPS** 19.50  
tartar sauce, pea, lemon, salad (1,2,3,6 wheat,7,8,9,11,13)

**PAD THAI NOODLES** 17.50  
rice noodle, chicken, tofu, egg, peanuts  
(3,4,6 wheat,8,9,10,11)

**10 OZ IRISH RED HEREFORD STRIPLOIN STEAK** 28.50  
chips, onion rings, grilled tomato, mushroom, salad, peppercorn jus  
or garlic butter (5,6 wheat,7,8,9,13) \* GF

**HONEY & FIVE SPICE ROASTED HALF DUCK** 22.50  
teriyaki vegetables, fragrant rice (8,9,10,12) \* GF

**THE MILLS BEEF STEAK BURGER** 18.90  
brioche, streaky bacon, pickle, tomato, leaf, Eve's Leaves red  
pepper relish, chips  
(5,6 wheat, 7,9,12,13) \* GF

**THE HEIGHTS CRISPY BUTTERMILK CHICKEN BURGER** 18.90  
brioche, streaky bacon, pickle, tomato, leaf, Eve's Leaves red  
pepper relish, chips (5,6 wheat, 7,9,12,13) \* GF

**RUBY MURRAY CHICKEN CURRY** 18.50  
rice, naan, poppadom, chutney  
(6 wheat, 7,9,12,13) \* GF

**FISH CAKE, SMOKED SALMON, PANKO CRUMBED** 17.50  
tartare sauce, slaw, pickled salad, chips  
(1,2,3,6 wheat,7,9,12,13)

**TEMPLE PLATE** 17.50  
fragrant rice, curried chickpea, tofu, pumpkin seed, avocado,  
beetroot, tomato, baby gem, cucumber, piccalilli  
(5,8,9,12,13) \* V, GF, VGN

**"I CAN'T BELIEVE IT'S NOT BEEF" BURGER** 17.50  
plant based burger with Eve's Leaves roasted  
red pepper relish, pickle, tomato, leaf, tofu & beetroot salad  
(6 wheat, barley, 8,11, 12) \* V, VGN

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Tea & Coffee		€	Desserts		€
TEA / COFFEE HERBAL	2.80		<b>THE MILLS SUNDAE</b>	7.50	
			<i>vanilla and salted caramel, chocolate, coulis, cookie, brownie, kisses</i>		
TEA HOT CHOCOLATE	3.50		<i>(5 hazelnut, walnut, almond, 6 wheat, 7, 8, 11) *CF</i>		
LATTE CAPPUCINO	3.50		<b>CHOCOLATE AND CRANBERRY CAKE</b>	7.50	
DOUBLE ESPRESSO	3.50		<i>coconut and vanilla ice cream, berry compote</i>		
			<i>(5, almond, 8) * VGN, GF</i>		
			<b>CHEESECAKE</b>	7.50	
			<i>white chocolate &amp; raspberry (5, 6 wheat, 7, 11)</i>		
			<b>MERINGUE NEST</b>	7.50	
			<i>fruits, berries, cream (5, 7, 11)</i>		
			<b>BROWN SUGAR APPLE AND CINNAMON CRUMBLE</b>	7.50	
			<i>vanilla bean ice cream and creme anglaise (5, 6, 7, 11)</i>		