

# THE MILL BAR & BRASSERIE

at The Heights Hotel

## TO START

<b>SOUP OF THE DAY</b>	5.90
<i>brown bread (5,6 wheat,7,9,11,12) V, GF</i>	
<b>SEAFOOD CHOWDER</b>	7.50
<i>dill, soda bread (1,2,3,6 wheat, oat,7,9,11,12)</i>	
<b>GRILLED KING OYSTER MUSHROOM SALAD</b>	10.50
<i>roasted peppers, edamame, fennel, pumpkin seed, baby leaf, lemon &amp; lime vinaigrette (5 nuts,13) V, GF, VGN</i>	
<b>BBQ CHICKEN WINGS</b>	9.50
<i>corn slaw, BBQ sauce (6,7,8,9,11,12,13)</i>	
<b>CHARRED PINEAPPLE WEDGES</b>	8.50
<i>mascarpone, mint, peanuts, cucumber (4,7,9) V,GF,VGN</i>	
<b>THE HEIGHTS CAESAR</b>	10.50
<i>baby gem, herb croutons, parmesan (1,2,3,6 wheat,7,8,9,10,11,13) V, GF</i>	
<b>Add Roast Chicken</b>	13.50
<b>Add Buttermilk Prawns</b>	15.50
<i>(1,2,6 wheat,7)</i>	
<b>GOATS CHEESE AND IRISH HONEY</b>	14.50
<i>ciabatta crute, picalili, rocket salad (6,7,8,9,13) V, GF</i>	

## SIDES

<b>CHIPS (9) GF, VGN</b>	3.90
<b>ONION RINGS (5,6,9,11) V, VGN</b>	3.90
<b>SLAW (7,8,9,11,12,13) V, GF</b>	3.90
<b>SMALL MIXED SALAD (12,13) V, GF, VGN</b>	3.90
<b>VEGETABLES OF THE DAY (7,9,12)V,GF,VGN</b>	3.90
<b>CREAMED POTATO MASH (7,9) V, GF</b>	3.90
<b>MUSHROOMS &amp; ONIONS (7) V, GF, VGN</b>	3.90

## MAINS

<b>BEER BATTERED FISH &amp; CHIPS</b>	18.50
<i>tartar sauce, pea, lemon, salad (1,2,3,6 wheat,7,8,9,11,13) GF</i>	
<b>ROGER'S PAD THAI . . . . .</b>	16.50
<i>rice noodle, chicken, tofu, egg, peanuts etc (3,4,6 wheat,8,9,10,11)</i>	
<b>THE MILLS BEEF STEAK BURGER OR PERI PERI CHICKEN BURGER</b>	16.50
<i>brioche, streaky bacon, pickle, tomato, leaf, eve's red pepper relish, chips (5,6 wheat, 7,9,12,13) GF</i>	
<b>Add Cheese</b>	0.50
<b>RUBY MURRAY CHICKEN CURRY</b>	16.50
<i>rice, naan, poppadum, chutney (6 wheat,7,9,12,13) GF</i>	
<b>FISH CAKE, SMOKED SALMON, PANKO</b>	16.00
<i>tartare sauce, slaw, pickled salad, some chips (1,2,3,6 wheat,7,8,9,11,13)</i>	
<b>10 OZ IRISH RED HEREFORD STRIPLOIN STEAK</b>	27.50
<i>chips, onion rings, grilled tomato, mushroom, salad, peppercorn jus or garlic butter (5,6 wheat,7,8,9,13) GF</i>	
<b>TEMPLE PLATE</b>	16.00
<i>fragrant rice, curried chickpea, tofu, pumpkin seed, avocado, beetroot, tomato, baby gem, cucumber, piccalilli (5,8,9,12,13) V, GF, VGN</i>	

## DESSERTS

<b>THE MILLS SUNDAE</b>	7.50
<i>vanilla and salted caramel, chocolate, coulis, cookie, brownie, kisses (5 hazelnut, walnut, 6 wheat,7,11) GF</i>	
<b>TIRAMISU POT</b>	7.50
<i>cocoa dust (5, 6 wheat,7,11)</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>	

Please ask your server  
For Today Specials

Foods that can be adapted to suit (V- Vegetarians), (GF- Gluten Free), (VGN- Vegan)  
Please ask your server.