

# THE MILL BAR & BRASSERIE

*at The Heights Hotel*

## STARTERS

|  |      |
|--|------|
| <b>SOUP OF THE DAY</b>   | 5.90 |
| <i>served with homemade soda bread (1,7,9)</i>                   |      |
| <b>SEAFOOD CHOWDER</b>   | 7.90 |
| <i>cod, salmon, mussels in a white wine cream (1,4,7,9,14)</i>   |      |
| <b>BBQ CHICKEN WINGS</b>   | 9.00 |
| <i>with celery and ranch dressing (1,3,6,9,10)</i>               |      |
| <b>NACHOS</b>  | 7.90 |
| <i>with guacamole, sour cream, cheddar &amp; chilli beef (7)</i> |      |
| <b>CAJUN SPICED CALAMARI</b>                                     | 8.90 |
| <i>with smoked paprika aioli (1,7,9,14)</i>                      |      |
| <b>FISHCAKES</b>   | 9.00 |
| <i>with thai dipping sauce &amp; kefir lime mayo (1,2,4)</i>     |      |
| <b>CHICKEN VOL AU VENTS</b>                                      | 9.00 |
| <i>in a Cream Sauce with Golden Puff Pastry Case (1,3,7)</i>     |      |

## SALADS

|  |       |
|--|-------|
| <b>GOATS CHEESE SALAD</b>  | 9.95  |
| <i>with fig &amp; Candied Walnut(1,6,10,11,12)</i>                 |       |
| <b>GRILLED CHICKEN CAESAR</b>                                      | 14.90 |
| <i>with pancetta, garlic &amp; herb croutons, parmesan (1,3,7)</i> |       |

## MAINS

|  |       |
|--|-------|
| <b>HOUSE CHICKEN CURRY</b>   | 16.90 |
| <i>homemade delhi beryani rice, served with naan &amp; onion chutney (1,6,10,11,12)</i>        |       |
| <b>HOUSE VEGETARIAN CURRY</b>  | 14.90 |
| <i>homemade delhi beryani rice, served with naan &amp; onion chutney (1,6,10,11,12)</i>        |       |
| <b>CHICKEN PAD THAI</b>  | 16.50 |
| <i>with roasted peanuts, bok choy, bean sprout, fresh chili, tofu and rice noodles (5,6,8)</i> |       |
| <b>VEGETABLE PAD THAI (VF)</b>   | 14.50 |
| <i>with roasted peanuts, bok choy, bean sprout, fresh chili, tofu and rice noodles (5,6,8)</i> |       |
| <b>SPINACH &amp; RICOTTA TORTELLINI</b>  | 14.50 |
| <i>with a basil &amp; tomato sauce &amp; grated parmesan cheese (3,7,12)</i>                   |       |

## MAINS

|   |       |
|---|-------|
| <b>BBQ CHICKEN BURGER</b>   | 14.90 |
| <i>beef tomato, cos lettuce &amp; lime mayo, with fries, salad &amp; rainbow slaw (1,3,7,12)</i>  |       |
| <b>BREAKFAST BURGER</b>   | 16.50 |
| <i>fried egg, crispy bacon, tomato relish &amp; cheddar cheese in a brioche bun, with fries, salad &amp; rainbow slaw (1,3,7,12)</i>  |       |
| <b>KILLARNEY ALE BATTERED FISH &amp; CHIPS</b>  | 16.50 |
| <i>tartar sauce and mushy peas (1,3,4,12)</i>   |       |
| <b>DUCK CONFIT</b>  | 16.50 |
| <i>red cabbage &amp; star anis jus</i>  |       |
| <b>ROAST STUFFED TURLEY &amp; HAM</b>   | 16.50 |
| <i>garden herb stuffing, red wine jus &amp; pomme william</i>   |       |
| <b>6OZ STEAK SANDWICH</b>   | 18    |
| <i>ciabatta with sautéed mushrooms &amp; onions, choice of smoked paprika garlic butter, brandy peppercorn sauce or traditional gravy. fries, salad and rainbow slaw (1,7,9,10,12)</i>    |       |
| <b>OVEN BAKED SALMON</b>  | 18.50 |
| <i>tartar sauce &amp; mushy peas (1,3,4,12)</i>   |       |
| <b>10OZ SIRLOIN</b>   | 26    |
| <i>cherry tomato, sautéed mushrooms &amp; onions, choice of smoked paprika garlic butter, brandy peppercorn sauce or traditional gravy. fries, salad &amp; rainbow slaw (1,7,9,10,12)</i> |       |

## SIDES

|                                       |      |
|---------------------------------------|------|
| <b>LEAF SALAD</b>                     | 3.90 |
| <b>CHUNKY FRIES</b>                   | 3.90 |
| <b>SWEET POTATO FRIES</b>             | 3.90 |
| <b>RAINBOW COLESLAW</b>               | 3.90 |
| <b>MASHED POTATO</b>                  | 3.90 |
| <b>STEAMED VEGETABLES OF THE DAY</b>  | 3.90 |
| <b>SAUTÉED MUSHROOMS &amp; ONIONS</b> | 3.90 |
| <b>BRUSSEL SPROUTS &amp; BACON</b>    | 3.90 |
| <b>CHEESY CAULIFLOWER</b>             | 3.90 |

**Menu items can be accommodated for different Allergens. Please ask your server.**

Allergens

1 - cereals, 2 - crustaceans, 3 - eggs, 4 - fish, 5 - peanuts, 6 - soy bean, 7 - milk, 8 - nuts, 9 - celery, 10 - mustard, 11 - sesame, 12 - sulphites, 13 - lupin, 14 - molluscs

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## DESSERTS

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|   |      |
|---|------|
| <b>CHEESECAKE OF THE DAY (1,3,7)</b>                                      | 7.50 |
| <b>APPLE PIE</b>  | 7.50 |
| <i>with ice-cream and crème anglaise (1,3,7)</i>                          |      |
| <b>TRIPLE CHOCOLATE BROWNIE</b>   | 7.50 |
| <i>caramel popcorn, vanilla ice-cream &amp; chocolate sauce (1,3,7,8)</i> |      |
| <b>SHERRY TRIFLE</b>  | 7.50 |
| <i>crème anglaise &amp; chantilly cream (1,3,7)</i>                       |      |
| <b>SELECTION OF ICE-CREAM</b>   | 7.50 |
| <i>your choice of berry coulis, chocolate bits, (1,3,7)</i>               |      |
| <b>CHRISTMAS PUDDING</b>  | 7.50 |
| <i>brandy cream (1,3,7)</i>   |      |
| <b>MINCE PIE WITH TEA OR COFFEE</b>                                       | 4    |

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## WHITES

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| france                        | glass | bottle |
|-------------------------------|-------|--------|
| les jamelles chardonnay       | 6.50  | 25     |
| italy                         |       |        |
| gabriella pinot grigio        | 6.50  | 25     |
| new zealand                   |       |        |
| vidal estate sauvignon blanc  | 7.50  | 37     |
| france                        |       |        |
| picpoul de pinet petite ronde | 8     | 38.50  |

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## REDS

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| france                          | glass | bottle |
|---------------------------------|-------|--------|
| les jamelles merlot             | 6.50  | 25     |
| france                          |       |        |
| les jamelles cabernet sauvignon | 6.50  | 25     |
| argentina                       |       |        |
| finca la linda malbec           | 7.50  | 30     |

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## ROSÉ

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| france    | glass | bottle |
|-----------|-------|--------|
| jean rosé | 7.50  | 41     |

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## SPARKLING

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| italy                       | snipe | bottle |
|-----------------------------|-------|--------|
| masottina spumante prosecco | 7.50  | 41     |
| france                      |       |        |
| pannier champagne           |       | 65     |

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## DRAUGHT BEER

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|                  | pint | glass |
|------------------|------|-------|
| Guinness         | 4.80 | 2.80  |
| Carlsberg        | 5    | 2.80  |
| Smithwicks       | 5    | 2.80  |
| Heineken         | 5    | 2.80  |
| Rockshore        | 5    | 2.80  |
| Coors Light      | 5    | 2.80  |
| Orchard Thieves  | 5    | 2.80  |
| Killarney Blonde | 5    | 2.80  |
| Heinekin 0.0     | 5    | 2.80  |

*We have a large selection of bottle beers  
& non-alcoholic beers available,  
please ask your server.*

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## COFFEE

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|                 |      |
|-----------------|------|
| Tea/Coffee      | 2.80 |
| Herbal Tea      | 3    |
| Hot Chocolate   | 3.50 |
| Latte           | 3.50 |
| Cappuccino      | 3.50 |
| Double Espresso | 3.50 |

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## MINERALS

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|                        |      |
|------------------------|------|
| Coke                   | 3    |
| Diet Coke              | 2.90 |
| Sprite                 | 2.90 |
| Fanta Orange           | 2.90 |
| Fanta Lemon            | 2.90 |
| Orange/Cranberry Juice | 3    |
| Cidona                 | 3.10 |
| Lucozade               | 3.80 |
| Red Bull               | 4.20 |

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*We have a full drinks menu  
with a selection of Cocktails,  
Whiskeys from around the world  
and our full Wine list.  
Please ask your server.*