

THE MILL BAR & BRASSERIE

at The Heights Hotel

CARVERY

Please check the chalkboard for our daily carvery specials.

STARTERS

SOUP OF THE DAY	5.90
served with homemade soda bread (1,7,9)	
SEAFOOD CHOWDER	7.90
cod, salmon, mussels in a white wine cream (1,4,7,9,14)	
SPICY TERIYAKI CHICKEN WINGS	9.00
with celery and ranch dressing (1,3,6,9,10)	
NACHOS	7.90
with guacamole, sour cream, cheddar & chilli beef (7)	
CAJUN SPICED CALAMARI	8.90
with smoked paprika aioli (1,7,9,14)	
FISHCAKES	9.00
with thai dipping sauce & kefir lime mayo (1,2,4)	
CHICKEN VOL AU VENTS	6.90
in a cream sauce with golden puff pastry case (1,3,7)	

SALADS

GOATS CHEESE SALAD	14.90
with fig & Candied Walnut(1,6,10,11,12)	
GRILLED CHICKEN CAESAR	14.90
with pancetta, garlic & herb croutons, parmesan (1,3,7)	

SANDWICHES

BLT	8.50
grilled bacon, lettuce and tomato in a brioche bap	
HOUSE TOASTIE	8
ham, cheese, tomato, onion, with a leaf salad & fries	
FISH FINGER SANDWICH	8.50
crispy fish fingers, tomato & little gem lettuce in a brioche bun with tartar sauce and fries	
SOUTHERN FRIED CHICKEN WRAP	10.95
crispy chicken fillet, tomato, baby gem lettuce, with Caesar dressing with leaf salad & fries	
ROAST BAGUETTE OF THE DAY	11.95
freshly sliced roast of the day severed on the bread of your choice	

MAINS

KILLARNEY ALE BATTERED FISH & CHIPS	16.50
tartar sauce and mushy peas (1,3,4,12)	
HOUSE CHICKEN CURRY	16.90
homemade delhi beryani rice, served with naan & onion chutney (1,6,10,11,12)	
HOUSE VEGETARIAN CURRY	14.90
homemade delhi beryani rice, served with naan & onion chutney (1,6,10,11,12)	
CHICKEN PAD THAI	16.50
with roasted peanuts, bok choy, bean sprout, fresh chili, tofu and rice noodles (5,6,8)	
VEGETABLE PAD THAI (VF)	16.90
with roasted peanuts, bok choy, bean sprout, fresh chili, tofu and rice noodles (5,6,8)	
SPINACH & RICOTTA TORTELLINI	14.50
with a basil & tomato sauce & grated parmesan cheese (3,7,12)	
6OZ STEAK SANDWICH	18
crisp ciabatta with sautéed mushrooms & onions, choice of smoked paprika garlic butter, brandy peppercorn sauce or traditional gravy.served with fries, salad and rainbow slaw (1,7,9,10,12)	

SIDES

LEAF SALAD	3.90
CHUNKY FRIES	3.90
SWEET POTATO FRIES	3.90
RAINBOW COLESLAW	3.90
MASHED POTATO	3.90
STEAMED VEGETABLES OF THE DAY	3.90
SAUTÉED MUSHROOMS & ONIONS	3.90
BRUSSEL SPROUTS & BACON	3.90
CHEESY CAULIFLOWER	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

DESSERTS

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

WHITES

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

REDS

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

ROSÉ

france	glass	bottle
jean rosé	7.50	41

SPARKLING

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

DRAUGHT BEER

	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.*

COFFEE

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

MINERALS

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

*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.*