



Sanctuary

BAR MENU

Dinner

Service Period 5pm – 10pm

SMALL PLATES

CHEF'S SOUP OF THE DAY Homemade wheaten loaf, butter Contains allergens: 2, 6, 10a, 12	€7.50
SEAFOOD CHOWDER Selection of fresh & smoked fish, white wine, cream, spring onion, parsley oil with wheaten loaf Contains allergens: 2, 3, 4, 6, 9 - haddock, salmon, smoked coley, 10a, 13	€12.50
CARAMELISED GOATS CHEESE TARTLET Roasted butternut squash, tossed baby leaf, beetroot, toasted pumpkin seeds Contains allergens: 2, 4, 6, 7, 10a	€14.50
PROSCIUTTO & CARAMELISED FIG Melon, balsamic reduction, arugula, bocconcini mozzarella Contains allergens: 2, 4	€12.00
CITRUS MARINATED OAK SMOKED SALMON Cucumber, pickled shallots, croutons, fresh herb & avocado dressing Contains allergens: 2, 6, 9, 10a	€12.00
CHICKEN & MUSHROOM TERRINE Mustard seeds, tarragon, pickled vegetables Contains Allergens 2, 4, 10b, 11	€12.00
GARLIC KING PRAWNS Babyspinach, sour dough, garlic butter, tobiko caviar Contains Allergens 2, 3, 9, 10a, 10d, MCT 5, 8	€16.00

LARGE PLATES

GRILLED TOFU Wild mushroom, tender stem broccoli, butternut squash, chilli honey glaze, caramelised walnuts Contains allergens: 5b, 7	€20.00
VEGAN BURGER Vegan double stacked patty, butterhead lettuce, tomato, smashed avocado, twice cooked chips Contains allergens: 8, 10a, MCT 5, 7	€21.00
FISH 'N' CHIPS Tempura battered lemon sole, tartar sauce, mushy peas, twice cooked chips Contains allergens: 2, 4, 6, 9, 10a, 11	€23.00
SANCTUARY BURGER Double stacked 4oz beef burgers, aged cheddar, tomato, pickle, butterhead lettuce, house burger sauce. Served with twice cooked chips Contains allergens: 2, 4, 6, 7, 9 anchovies, 10a, 11, MCT 5	€22.00
	ADD FRIED EGG €2.00
	ADD SMOKED STREAKY BACON €2.00
CAJUN CHICKEN BURGER Spicy chicken fillet, cheese, crispy bacon, tomato, lettuce, honey & mustard slaw Served with twice cooked chips Contains allergens: 2, 6, 7, 8, 10a, 11	€22.00
	ADD FRIED EGG €2.00
	ADD SMOKED STREAKY BACON €2.00
PORCINI RAVIOLI Candied walnuts, pea volute, shaved asparagus, grana Padano Contains allergens: 2, 4, 5a, 6, 10a, 12	€23.00
PAN FRIED COD Potato fondant, pea, wild mushrooms, celeriac puree, herb oil Contains allergens: 2, 4, 9	€25.00
GLAZED PORK BELLY Baked radish, carrot, caramelised apple, potato puree Contains allergens: 2, 4, 6, 11	€26.00
PAN SEARED 10OZ SIRLOIN STEAK Braised shallots, cauliflower puree, green beans, pepper sauce, twice cooked chips Contains Allergens: 2, 4, 11	€36.00
CHEF'S SPECIAL Please ask server for this week's special	

SALAD BOWLS

SUPERFOOD SALAD	€14.50
Tossed baby leaf, carrot, quinoa, broccoli, chickpeas, sundried tomatoes, pumpkin seeds, pine kernels, mustard vinaigrette Contains allergens: 4, 5c, 11	
SANCTUARY CAESAR SALAD	€14.50
Babygem lettuce, crisp croutons, shaved grana Padano, smoked pancetta, Caesar dressing Contains allergens: 4, 5c, 11	
COBB SALAD	€14.50
Mixed leaf, watercress, smoked crispy bacon, avocado, pickled red onion, boiled egg, cucumber, cherry vine tomatoes, crumbled Cashel blue cheese, honey mustard dressing Contains allergens: 4, 5c, 11	
GREEK FETA SALAD	€14.50
Cucumber, marinated olives, tomato, pickled red onion, tossed mixed leaf, balsamic vinaigrette Contains Allergens: 2, 4	
UPGRADE YOUR SALAD	ADD CAJUN CHICKEN €6.00
	ADD PRAWNS €6.00

SIDE OPTIONS

TWICE COOKED CHUNKY CHIPS	€6.00
Contains Allergens: MCT 10a	
TOSSED GARDEN SALAD	€6.00
Contains Allergens: 4	
MASHED POTATO	€6.00
Contains Allergens: 2	
BROCCOLI & TOASTED ALMONDS	€6.00
Contains Allergens: 2, 5a	
GREEN BEANS WITH PUMPKIN SEEDS & GARLIC	€6.00
Contains Allergens: 2	

VEGAN DINNER

MELON & CARAMELISED FIG	€12.00
Melon, balsamic reduction, arugula, vegan cheese Contains allergens: , 4	
SUPERFOOD SALAD	€14.50
Tossed baby leaf, carrot, quinoa, broccoli, chickpeas, sundried tomatoes, pumpkin seeds, pine kernels, mustard vinaigrette Contains allergens: 4, 5c, 11	
NACHOS	€12.00
Crispy corn tortillas, salsa, jalapenos Contains allergens: 4, 12	
GRILLED TOFU	€20.00
Wild mushroom, tender stem broccoli, butternut squash, chilli honey glaze, caramelised walnuts Contains allergens: 5b, 7	
VEGAN BURGER	€21.00
Vegan double stacked patty, butterhead lettuce, tomato, smashed avocado, twice cooked chips Contains allergens: 8, 10a, MCT 5, 7	
VEGAN ICE CREAM	€9.00
Fruit coulis, popping candy Contains Allergens: 6, 10a, MCT 5	

SNACKS

CRISPY CHICKEN WINGS	
Sweet & Sticky BBQ, toasted wasabi sesame seeds, hoisin mayo OR Franks Hot Sauce, garlic mayo Contains allergens: 4, 6, 7, 8, 10a	
REGULAR	€13.50
LARGE	€18.50
BONELESS CHICKEN WINGS	
Sweet & Sticky BBQ, toasted wasabi sesame seeds, hoisin mayo OR Franks hot sauce, garlic mayo Contains allergens: 4, 6, 7, 8, 10a	
REGULAR	€14.50
LARGE	€19.50
NACHOS	€12.00
Crispy corn tortillas, salsa, cheese sauce topped with jalapenos Contains allergens: 2, 4, 12	
	ADD CAJUN CHICKEN €6.00
	ADD CHILLI BEEF €5.00

DESSERTS

CHOCOLATE BROWNIE Vanilla ice cream, chocolate sauce Contains Allergens: 2, 6, 7, 10a	€9.00
MANGO PANNA COTTA Berries, honeycomb, cream Contains Allergens: 2, 6, 7, MCT 5	€9.00
OREO CHEESECAKE Caramel sauce, vanilla cream Contains Allergens: 2, 7, 10a	€9.00
SELECTION OF ICE CREAM Fruit coulis, waffle cone, popping candy Contains Allergens: 2, 6, 10a, MCT 5	€9.00
CHEESE SELECTION Irish cheeses, compote, grapes, crackers Contains Allergens: 2, 10a, MCT 5, 7, 8	€15.00

TEA & COFFEE

ESPRESSO A shot of strong, highly aromatic coffee with a thick, rich crema	€4.20
AMERICANO A perfectly balanced fusion of hot water and espresso	€4.50
CAPPUCCINO 2 shots of espresso, steamed milk with a velvety texture Contains allergens: 2	€4.80
CAFFÉ LATTE A shot of espresso with silky, textured milk for a smoother taste Contains allergens: 2	€4.80
HOT CHOCOLATE A luxurious, steaming hot and lusciously smooth chocolate drink Contains allergens: 2	€4.90

HOT ALCOHOL

IRISH COFFEE A 50ml measure of Jameson Irish Whiskey, pure ground coffee, sweetened with brown sugar & finished with fresh cream Contains allergens: 2	€9.50
CALYPSO COFFEE A 50ml measure of Tia Maria, pure ground coffee, sweetened with brown sugar & finished with fresh cream Contains allergens: 2	€9.50
BAILEYS COFFEE A 50ml measure of Baileys Original Cream, pure ground coffee, sweetened with brown sugar & finished with fresh cream Contains allergens: 1, 2, 3, 4	€9.50
FRENCH COFFEE A 50ml measure of Hennessy, pure ground coffee, sweetened with brown sugar & finished with fresh cream Contains allergens: 2	€9.50

ALLERGEN INDEX:

1 Peanuts	2 Milk	3 Shellfish	4 Sulphites	5 Nuts
5a Almonds	5b Walnuts	5c Pine nut	5d Cashew	5e Brazil nuts
5f Macadamia nuts	5g Pistachio	5h Coconut	5 Hazelnuts	6 Eggs
7 Soy	8 Sesame	9 Fish	10 Gluten	10a Wheat
10b Oats	10c Barley	10d Rye	11 Mustard	12 Celery
13 Molluscs	14 Lupin			

All beef used within our menu is 100% Irish and locally sourced
MCT - may contain trace

We regret to inform you that we are unable to spit bills for 6 people or more



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Sanctuary

BAR MENU

Lunch

Service Period 12pm-5pm

SMALL PLATES

CHEF'S SOUP OF THE DAY Homemadewheaten loaf, butter Contains allergens: 2, 6, 10a, 12	€7.50
SEAFOOD CHOWDER Selection of fresh & smoked fish, white wine, cream, spring onion, parsley oil with wheaten loaf Contains allergens: 2, 3, 4, 6, 9 - haddock, salmon, smoked coley, 10a , 13	€12.50
CARAMELISED GOATS CHEESE TARTLET Roasted butternut squash, tossed baby leaf,beetroot, toasted pumpkin seeds Contains allergens: 2, 4, 6, 7, 10a	€14.50
CRISPY CHICKEN WINGS Sweet & Sticky BBQ, toasted wasabi sesame seeds, hoisin mayo OR Franks Hot Sauce, garlic mayo Contains allergens: 4, 6, 7, 8, 10a	
REGULAR	€13.50
LARGE	€18.50
BONELESS CHICKEN WINGS Sweet & Sticky BBQ, toasted wasabi sesame seeds,hoisin mayo OR Franks hot sauce, garlic mayo Contains allergens: 4, 6, 7, 8, 10a	
REGULAR	€14.50
LARGE	€19.50
NACHOS Crispy corn tortillas, salsa, cheese sauce topped with jalapenos Contains allergens: 2, 4, 12	€12.00
	ADD CAJUN CHICKEN €6.00
	ADD CHILLI BEEF €5.00

SALAD BOWLS

SUPERFOOD SALAD Tossed baby leaf,carrot, quinoa, broccoli, chickpeas, sundried tomatoes, pumpkin seeds, pine kernels, mustard vinaigrette Contains allergens: 4, 5c, 11	€14.50
SANCTUARY CAESAR SALAD Babygem lettuce, crisp croutons, shaved grana Padano, smoked pancetta, Caesar dressing Contains allergens: 4, 5c, 11	€14.50
COBB SALAD Mixed leaf, watercress, smoked crispy bacon, avocado, pickled red onion, boiled egg, cucumber, cherry vine tomatoes, crumbled Cashel blue cheese, honey mustard dressing Contains allergens: 4, 5c, 11	€14.50
GREEK FETA SALAD Cucumber,marinated olives, tomato, pickled red onion, tossed mixed leaf, balsamic vinaigrette Contains Allergens: 2, 4	€14.50
UPGRADE YOUR SALAD	ADD CAJUN CHICKEN €6.00
	ADD PRAWNS €6.00

SPECIALTY SANDWICHES

GRILLED CHEESE SANDWICH Gruyere, mozzarella, smoked Applewood, mustard mayo, smoked Maldon salt, served on sliced sourdough bread. Contains allergens: 2, 6, 10a, 11, MCT 5, 8	€12.00
CLUB SANDWICH Maplebacon,fried egg, peppered rocket, turkey, tomato, lettuce, Ballymaloe relish, served on sliced white or wholemeal bread. Contains allergens: 2, 4, 6, 7 , 10a, 11, MCT 5, 8	€14.50
SMASHED AVOCADO WRAP Tomato, mixedleaf, chickpeas,cucumber, pickled red onion, peppers, vegan aioli Contains allergens: 4, 10a, 11	€13.00
SWEET CHILLI CHICKEN WRAP Crispychickenstrips,sweet chilli sauce,peppers, onion Contains allergens: 10a, 11, 12, MCT 7, 8,	€13.50
GRILLED LIMERICK HAM & CHEESE SANDWICH Smoked applewood cheddar, honey mustard mayonnaise, served on sliced sourdough bread Contains allergens: 5, 6, 7, 10a, 10d, 11, MCT 5, 8	€13.50

All Specialty Sandwiches are served with vinegar slaw and crisps

CREATE YOUR OWN SANDWICH

WHOLEMEAL OR WHITE BREAD €8.00

Contains allergens: 7, 10a

TOASTED BREAD €8.00

Contains allergens: 7, 10a

GLUTEN FREE BREAD €8.00

Contains allergens: 6

SOFT TORTILLA WRAP €8.00

Contains allergens: 10a

SOUR DOUGH BREAD €10.00

Contains allergens: 10a, 10d, MCT 5, 8

FILLINGS

Sliced beef, chicken, tuna mayonnaise (contains allergens 6, 9), egg mayonnaise (contains allergens 6), Dubliner cheddar cheese (contains allergens 2), tomato, cucumber, red onion

Served with Vinegar Slaw & Crisps

LARGE PLATES

GRILLED TOFU €20.00

Wild mushroom, tender stem broccoli, butternut squash, chilli honey glaze, caramelised walnuts

Contains allergens: 5b, 7

VEGAN BURGER €21.00

Vegan double stacked patty, butterhead lettuce, tomato, smashed avocado, twice cooked chips

Contains allergens: 8, 10a, MCT 5, 7

FISH 'N' CHIPS €23.00

Tempura battered lemon sole, tartar sauce, mushy peas, twice cooked chips

Contains allergens: 2, 4, 6, 9, 10a, 11

SANCTUARY BURGER €22.00

Double stacked 4oz beef burgers, aged cheddar, tomato, pickle, butterhead lettuce & house burger sauce, served with twice cooked chips

Contains allergens: 2, 4, 6, 7, 9 anchovies, 10a, 11, MCT 5

ADD FRIED EGG ADD €2.00

SMOKED STREAKY BACON €2.00

CAJUN CHICKEN BURGER €22.00

Spicy chicken fillet, cheese, crispy bacon, tomato, lettuce, honey & mustard slaw, served with twice cooked chips

Contains allergens: 2, 6, 7, 8, 10a, 11

ADD FRIED EGG ADD SMOKED €2.00

STREAKY BACON €2.00

SIDE OPTIONS

TWICE COOKED CHUNKY CHIPS €6.00

Contains Allergens: MCT 10a

TOSSED GARDEN SALAD €6.00

Contains Allergens: 4

MASHED POTATO €6.00

Contains Allergens: 2

BROCCOLI & TOASTED ALMONDS €6.00

Contains Allergens: 2, 5a

GREEN BEANS WITH PUMPKIN SEEDS & GARLIC €6.00

Contains Allergens: 2

VEGAN LUNCH

NACHOS €12.00

Crispy corn tortillas, salsa, jalapenos

Contains allergens: , 4, 12

SUPERFOOD SALAD €14.50

Tossed baby leaf, carrot, quinoa, broccoli, chickpeas, sundried tomatoes, pumpkin seeds, pine kernels, mustard vinaigrette

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SMASHED AVOCADO WRAP €13.00

Tomato, mixed leaf, chickpeas, cucumber, pickled red onion, peppers, vegan aioli

Contains allergens: 4, 10a, 11

VEGAN ICE CREAM €9.00

Fruit coulis, popping candy

Contains Allergens: 6, 10a, MCT 5

DESSERTS

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