

BUFFET LUNCH



*Choose from Cloughjordan Hereford Braised Beef, Wexford Lamb, West Cork Chicken or North Atlantic Salmon – just some of the main options served buffet style with your choice of two salads and a yummy dessert.
Followed by coffee and a selection of teas.*

Meaty Mains

Slow Cooked Tender Top Rib of Cloughjordan Hereford Beef,
Braised in Red Wine with Honey Roasted Carrots & Swede,
Baby Onions, Thyme Whipped Potato

Crisp Spiced Beef, Black Bean & Broccoli, Beansprouts,
Pak Choi & Egg Noodles

Hearty Wexford Lamb, Butternut & Barley Hot Pot,
Carrots, Parsnips & Colcannon Mash

Tender Lamb Rogan Josh, Kashmiri Chili, Almonds,
Peppers, Cilantro & Braised Saffron Rice

Chicken & Fish Mains

Malaysian Chicken Curry, Kaffir Lime Leaves,
Cauliflower, Chili & Steamed Brown Rice

Lemon & Garlic West Cork Chicken Breast, Cannellini Beans,
Roast Tomatoes, Wilted Spinach & Buttered New Potatoes

Grilled Herb Crust Hake, Chorizo & Potato Gnocchi,
Wilted Spinach & Parmesan Cream

Roast Tranche of North Atlantic Salmon, Lemon, Lime &
Crushed Chili, Avocado Salsa & Tabbouleh Cous Cous

Vegetarian Mains

Chickpea Chana Marsala, Saffron & Wild Rice

Potato Gnocchi, Red Chard & Basil Pesto

Spiced Bean & Halloumi Cassoulet, Guacamole,
Salsa, Tortilla Shell

Heritage Beetroot & Goats Cheese Tart,
Buttered Asparagus Spears

Butternut Squash, Sage & Chestnut Rolls
Crispy Puff Pastry, Nigella Seeds

LUNCH

Make a meal of it with our delicious two and three course seated lunch options.

Starters

Ham Hock Terrine, Pickled Veg, Red Onion Jam & Crusty Bread

Valentia Crab Fish Cake, Thai Style Dressing & Micro Herbs

Hanlon's Smoked Irish Salmon, Purple Potato Salad, Preserved Lemons & Guinness Toast

Vine Ripened Tomato, Watermelon & Feta Salad,
Salsa Verde & Toasted Pine Nuts

Warm Cured Mackerel, Pear & Sea Vegetable Salad

Classic Caesar, Overnight Dried Pancetta,
Shaved Parmesan, Garlic Crouton & Chives

Soup Selection

Chunky Country Vegetable with Herb Focaccia Croutons

Roast Pumpkin & Cumin Soup

Spinach & Watercress, Tipperary Crème Fraîche

Hot & Spicy Red Pepper & Tomato

Sweet Potato & Carrot, Ginger Crème

Red Lentil & Coconut, Fresh Coriander

Moroccan Chickpea & Tomato Soup

Main Courses

Oven Baked Breast of Glin Valley Free Range Chicken,
Sundried Tomato & Green Herb Farce, French Beans &
Sweet Potato Rosti

Garlic Studded Roast Leg of Wexford Lamb, Crushed
Rosemary Potatoes, Mint Pea Puree & Redcurrant Pan
Reduction

Shoulder of McCarrons Slow Roast Pork, Apple & Black
Pudding Mash, Stem Broccoli & Grain Mustard Sauce

Slow Confit Duck Leg, Celeriac Mash, Purple Onion
Marmalade, Buttered Kale & Plum Jus

4 Hour Daube of Beef, Spring Onion & Thyme Potato Boxy,
Roast Carrot & Honeyed Parsnip & Red Wine Cuisson

Wild Mushroom & Leek Arancini, Smoked Gubbeen
& White Wine Cream

Pak Choi, Butternut Squash & Tofu Mille Feuille
with Spiced Tomato & Oregano

Dessert

Berry Fool, Mint Mascarpone
& Shortbread Biscuit

Yoghurt Bavaois, Chocolate Ganache,
Raspberry Jelly, Cookie Crumble

Eton Mess, Fresh Field Berries,
Whipped Cream & Torn Mint

White Chocolate Pannacotta,
Home Baked Almond & Raisin Biscotti





HEALTHY OPTIONS - LUNCH

To facilitate networkers and workaholics - take time out or work through lunch with these **Healthy Options**.
Soup, sandwiches and a dish of your choice served with tea and coffee.

Choose 1 Hot and 1 Cold Dish

Soup Selection - Choose One

Beef & Bone Marrow Broth

calories 121 | fat 9.2g | carb 2.2g | fibre 0g | protein 7.4g

Chicken & Barley 'Cockaleekie'

calories 157 | fat 3.6g | carb 23.5g | fibre 4.3g | protein 5.5g

Chunky Vegetable & Brown Rice Potage

calories 131 | fat 1.4g | carb 15.3 | fibre 2g | protein 13.2g

Hot Options

Lentil Spiced Burritos, Chunky Guacamole

calories 362 | fat 10.4g | carb 50g | fibre 10g | protein 11.3g

Cauliflower & Lentil Taco, Curried Mango Chutney

calories 214 | fat 6.6g | carb 32.1g | fibre 1.9g | protein 5.5g

Wok Fried Rice with Chinese Five Spice, Chicken, Egg & Scallions

calories 268 | fat 7.9g | carb 23.9g | fibre 2g | protein 24.3g

Cold Options

Asian Peanut Slaw

calories 207 | fat 14.6g | carb 6.2g | fibre 3.6g | protein 11.1g

Soba Noodles with Coriander & Cayenne

calories 170 | fat 1.3g | carb 30g | fibre 3.2g | protein 8g

Roasted Beet & Quinoa, Toasted Walnuts

calories 238 | fat 12.6g | carb 21g | fibre 3.4g | protein 8.4g

Selection of Wraps, Rolls, Malted Breads & Pretzel Rolls

Bespoke Sandwich Selection

Varied dependant on chefs choice of seasonal produce

Dessert

Banana & Silken Tofu, Banana Chips

calories 207 | fat 6g | carb 30.3g | fibre 1.3g | protein 7.1g

Peanut Butter, Cocoa & Avocado Mousse

calories 215 | fat 11.7g | carb 14g | fibre 1.3g | protein 13g

Slow-Cooked Coconut Rice Pudding, Diced Mango

calories 262 | fat 10.6g | carb 33.3g | fibre 4.4g | protein 5.9g

Gluten-Free Carrot-Cake, Mascarpone

calories 284 | fat 9.7g | carb 45g | fibre 1.5g | protein 3.1g