

# Grill Bar

Served from 5.30pm - 9.00pm Monday - Thursday  
5.30pm - 9.30pm Friday & Saturday

# Bistro

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# Light Bites

Served from 12.00pm - 2.30pm Monday - Friday

## Starters

Grilled Goats Cheese with beetroot salsa & watercress	€6.50
Louisiana Style Chicken Wings, blue cheese dip & celery sticks	€6.50
Chefs Homemade Soup of the Day with freshly baked bread	€5.50
Prawn Cocktail with Celeriac Remoulade & Irish soda bread	€6.95

## Mains

### Academy's Modern Irish Grill

Maple cured bacon, sausages, marinated lambs liver, soft basil tomato, Clonakilty pudding, rosemary lamb chop & Ballymaloe relish

€15.95

Char-grilled 10oz Rib Eye Steak, hand cut chips, watercress & courgette salad, served with Cafe de Paris butter or pepper sauce

€17.95

Marinated Monk Fish Fillets with agrodolce, wild rocket salad & chunky chips

€16.95

Tender Burgundy Braised Lamb Shank with champ potato & rosemary essence

€17.95

10oz Pork Chop on the Bone with tomato ragout & patatas bravas

€14.95

8oz Beef Burger, served in a portobello mushroom with tomato & mozzarella melt & house fries

€12.95

## Desserts

Warm Homemade Apple Pie & Chantilly cream

€5.75

Sticky Pear & Cookie Gateaux with butterscotch sauce

€5.75

Profiterole Gateaux with 2 fruit coulis

€5.75

Irish Bailey's Cheesecake

€5.75

Double Chocolate Fudge Gateaux with Chantilly cream & 2 fruit coulis

€5.75

Selection of Ice Cream with cinnamon wafers

€5.75

## Starters

Marinated Chicken Bruschetta, on a fusion of tomato & black olives	€7.50
Insalata Caprese, beef tomato, mozzarella, pesto & wild rocket salad	€6.95
Classic Caesar Salad, served in a parmesan basket with bacon croutons & cool parmesan dressing	€7.95

## Mains

Chicken Souvlaki, open marinated chicken sandwich, red onion, tomato, coriander & tzatziki dressing. Served with shoestring fries.

€12.50

Baked Aubergine with tomato olives & goats cheese melt served with hand cut fries

€12.95

Spaghetti Puttanesca, pomodoro sauce with capers, olives & anchovies. Garnished with fresh parmesan

€12.50

Chicken Puttanesca, strips of marinated chicken served in a rustic Italian sauce

€13.50

Fresh Haddock, served in a Budweiser beer batter, served with spinach & 2 tomato salad, lemon aioli & fries

€14.50

## Sides

House Fries

Mash

Steamed Vegetable Medley

Chunky Chips

Green Salad

French Fried Onions

€3.75 for one or 2 for €5.95

**Room Service is available from 6pm - 8.30pm dial 3400 to make an order. Charge is €5 per person**

Louisiana Style Chicken Wings, blue cheese dip & celery sticks	€9.75
Chefs Homemade Soup of the Day with freshly baked bread	€4.75
Grilled Goats Cheese with beetroot salsa & watercress	€6.95
Tuna Melt Panini, served with Ballymaloe relish & fries	€8.95

### Rib Eye Steak Souvlaki

Tender chunks of rib eye steak with tzatziki dressing, red onion, coriander & rocket. Served with shoestring fries

€12.95

Ham & Irish Cheddar Toasted Triple Decker with Ballymaloe relish

€6.95

Chicken Souvlaki, open marinated chicken sandwich, red onion, tomato, coriander & tzatziki dressing. Served with shoestring fries

€9.95

Bowl of Homemade Irish stew, served with freshly baked bread

€9.95

Classic Caesar Salad, served in a parmesan basket with bacon croutons & cool parmesan dressing

€7.95

## Tea & Coffee

Tea	€2.50
Coffee	€2.80
Cappuccino	€3.30
Cafe Latte	€3.00
Espresso	€2.50
Hot Chocolate	€3.00

Prices are subject to change  
All our beef is of Irish Origin