



# McGeough's

## LUNCH MENU



### Hot Starters

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McGeough's Chunky Vegetable Broth with Chicken €4.50

Soup of the Day €4.50

Homemade Garlic Bread €4.25  
With melted mozzarella cheese €4.75

Tomato Bruschetta (V) €5.95  
Crisp bruschetta topped with garlic, sundried tomato, fresh basil, red onion and melted mozzarella.



### Lite Bites

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Irish Oak Smoked Salmon €8.50  
With fresh radish, chive and cucumber cream cheese and horseradish filling and side of pickled relish and wheaten bread.

Deep Fried Brie €7.95  
Served with Cumberland sauce & brown bread.

Sticky BBQ & Chilli Chicken Wings €7.50  
Served with crusty rustic ciabatta bread.

Homemade Quiche Chef's Choice Filling €5.95  
Served with side salad.

Creamy Garlic Mushroom Bruschetta €7.25  
Served with feta cheese and wild rocket with a drizzle of balsamic reduction.

Roasted Thai Fish Cakes €7.95  
With a cooling cucumber riatá.





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### Meat Dishes

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Asian Beef Stir Fry €16.50

Seared spiced fillet of beef stir fried with Asian greens in a toasted sesame oil, finished with oyster sauce and fine egg noodles.

Traditional Steak & Guinness Pie €12.50

Tender chunks of steak cooked in draught Guinness with fresh thyme, onions, mushrooms & carrots, topped with a puff pastry lid and served with baby potatoes.

Traditional Style Lasagne €12.50

Served with garlic bread baton & salad

The Ever Popular Open Steak Sandwich €17.50

Grilled rustic ciabatta with dijon mayonnaise, 100% fillet steak and sauté onions.

Served with choice of fries.

McGeough's 6oz Gourmet Burger €12.95

Served on a toasted foccacini bap with smoked bacon, emmentinal cheese, caramelised onion and sundried tomato dressing.

Surf 'n' Turf (8oz Sirloin) (H/O) €18.50

Seasoned with crushed mixed peppercorns, topped with chilli and lemon prawns and side of chunky hand cut chips.

Fillet Beef Sweet Chilli & Oyster Stir Fry (H/O)(N) €16.50

Served with fine egg noodles.





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### Chicken Dishes

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McGeough's Chicken Curry €12.50

Lightly spiced coconut & coriander curry with tender chunks of chicken breast. Served with basmati rice.

*Add fries* €1.00

McGeough's Signature Chicken Paillard Toastie €11.95

Breast of chicken fillet marinated with tarragon, garlic & mild spices, pan fried and served on toasted focaccia with our famous house mayonnaise, crisp leaves and melted mozzarella. Served with choice of fries.

Chicken Club Sandwich €9.50

Toasted focaccia bread with tangy mango mayo, crisp lettuce, tomato, emmenthal cheese, and chicken breast & smokey bacon. Served with choice of fries.

The Old Favourite Chicken Penne Pasta €11.95

Strips of chicken breast tossed with mushrooms & onions in a rich creamy white wine sauce, topped with parmesan cheese shavings & baton of garlic bread.

Also available with baked potato €9.95

Cajun Chicken Fillet Burger (H/O) €12.95

(Hand Cut Chunky Chips)

Sliced Chicken breast in Cajun spices with crisp lettuce, red onion and tomato served with a fire roast pepper dressing in a toasted granary bap.

Thai Yellow Chicken Curry €13.50

Diced chicken cooked in turmeric fragrant curry sauce with chilli, fresh herbs and chunky vegetables served with Basmati rice.

Chicken Sweet Chilli & Oyster Stir Fry (H/O)(N) €15.50

Served with fine egg noodles.



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### Fish Dishes

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- Tempura of Fresh Cod Fillet €13.95  
Fresh cod fillet coated in a light tempura batter and deep fried. Served with a zesty lime, red chilli and coriander dip with choice of fries & salad.
- Moroccan Salmon (H/O) €14.50  
Served with a vegetable harissa and chickpea sauce, fat free yogurt tzatziki and lime scented couscous.
- Prawn, Sweet Chilli & Oyster Stir Fry (H/O)(N) €16.50  
Served with fine egg noodles.
- Smoked Haddock and Fresh Cod Gratin (H/O) €12.50  
Oven baked with broccoli, cherry tomatoes, spinach and Quark cheese with a wholemeal and fresh chive crust.
- Teriyaki Salmon with Warm Noodle Salad (H/O) €14.50  
Salmon fillet baked in Teriyaki sauce served on a bed of fine noodles tossed with julienne of vegetables.

### From the Salad Bar

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- The Caesar Salad €10.50  
Crisp cos lettuce, smoked bacon, croutons and parmesan cheese tossed in our own Caesar dressing.  
Add chicken €1.80
- Sweet Citrus Chicken Salad €11.50  
Lemon scented chicken strips tossed with mixed leaves, red onions, tomato wedges, cucumber and walnuts in a sweet chilli, orange and coriander dressing.
- Beetroot Salad With Goats Cheese €11.50  
Tossed mixed leaves, beetroot wedges, red apple and walnuts with a roast tomato, balsamic and caper dressing topped with crumbled goats cheese.
- Smoked Chicken Salad €11.50  
with Light Caesar Dressing (H/O)  
Cos lettuce, cherry tomatoes, cucumber, red onion & a light Caesar dressing.
- Half Portions of Above Salads Available €7.95





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### Vegetarian

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- Vegetarian, Sweet Chilli & Oyster Stir Fry (H/O)(N) €13.95  
Served with fine egg noodles.
- Conchiglie with Roasted Vegetables €11.95  
Oven roasted chunks of peppers, onions, carrots and courgettes, tossed with pasta shells in a tomato and roast garlic sauce with side of rustic ciabatta.
- Vegetarian Chinese Fried Rice €11.95  
In a lightly spiced saffron sauce with green chilli and roasted garlic.
- Thai Yellow Curry €11.95  
Cooked in turmeric fragrant curry sauce with chilli, fresh herbs and chunky vegetables served with Basmati rice.

### Side Orders

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- Sweet Potato Chips €3.50
- Skinny Fries €3.25
- Chunky Fries €3.25
- Mashed Potatoes €2.95
- Baked Potato €2.95
- Oven Baked Handcut Chips (H/O) €3.50
- Garlic Bread €4.25
- Garlic Bread with Cheese €4.75
- Onion Rings €3.50
- Side Salad €2.95
- Sauté Mushrooms €2.50
- Choice of Dips €0.60
- Curry Sauce €2.50
- Vegetables of the Day €3.50



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### Sandwich Bar

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Locally baked breads, granary with multi grain and mixed seeds or crusty plain white/ciabatta.

Home Cooked Ham	€3.95
Plain Chicken	€3.95
Tandoori Chicken	€3.95
Smoked Bacon	€3.75
Tuna, Onion & Mayo Mix	€4.25
Red Cheddar/Emmenthal	€3.75
Salad	€3.75
Ham, chicken/tandoori, smoked bacon, cheese, salad	€0.95 each
Toasted	€0.75
Add Soup	€1.95
Add Chilli/Garlic/Dijon/House Mayo	€0.60

Mix & Match any of above to make your own desired Sandwich. All sandwiches served with Skinny Fries.

### For The Little Ones

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*Under 12s only*

Pancakes	€3.25
Homemade Pizza	€5.50
Margherita style with tomato, and mozzarella	
Add ham, chicken, chorizo	€1.25
Chicken Goujons & Chips	€5.95
Sausage & Chips	€4.95
Fresh Cod Goujon & Chips	€5.95
Pasta with choice of Sauce	€5.95
Bolognese, Tomato or Creamy White Sauce	
Beef Burger & Chips	€5.95
Chicken Curry	€5.95
Small Kids Dinner	€7.50
Soup & Potatoes/Toddler's Portion	€3.50 / €2.75
Vegetables, Mash & Gravy	€3.95
Macsagne	€6.95

All above served with a glass of Cordial Drink Add ice cream & Jelly / Ice Cream Cone for €1.50





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### Desserts

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Apple, Pear & Spiced Cranberry Crumble Chef's	€5.50
Chef's Choice Cheesecake	€5.50
Warm Chocolate Brownie with Chocolate Sauce	€4.95
Fresh Strawberries (Seasonal)	€5.95
Sticky Toffee Pudding	€5.50
Death by Chocolate Cake	€5.50
Ice Cream Profiteroles	€5.50
With hot chocolate sauce	
Fresh Fruit Pavlova	€5.50
Homemade Chef's Choice Pudding	€4.95
Bakewell Slice	€4.95
McGeough's Highland Fling	€5.95

All above served with choice of fresh cream,  
ice cream or custard.



(H/O) Healthy Option

(V) Vegetarian

(N) Contains Nuts