

STARTERS

CREAM OF VEGATBLE SOUP €4.90

Served with Brown Bread
(CY)(M)(G)(SS)(V)(N)

KILMORE QUAY SEAFOOD CHOWDER €6.90

(C)(F)(M)(SS)(MD)(SB)(G)(N)
Lightly Poached Seafood and Shellfish in a White Wine and Fish Velour

UPTON CHICKEN WINGS €8.90

(SB)(CY)(M)(E)(SS)(N)
Juicy Chicken Wing Drumettes Coated in BBQ Sauce or Hot Sauce
Accompanied with Blue Cheese Dip and Celery Sticks

CROCK OF MUSSELS €9.50

(C)(F)(M)(CY)(G)(N)
Mussels cooked in a Garlic Gleman Cream Sauce
With a Garlic Toastie

GOLDEN CRUMBED PORTOBELLO MUSHROOM €7.50

(E)(G)(M)(N)
Sliced Portobello Mushroom in a Panko Crumb with Garlic Dip

MEXICAN STYLE NACHOS €7.90

(G)(E)(M)(SB)(CY)(N)
Tortilla Chips, Mince, Guacamole and Sour Cream topped with Cheese.

DEEP FRIED CALAMARI RINGS €7.90

(G)(E)(M)(F)(N)
Coated in a crispy Panko Crumb.
Served with a Citrus & Chive Mayonnaise

MAINS

UPTON DELUX BURGER €14.90

(G)(E)(M)(SB)(CY)(G)

Hereford Irish Beef served on a Toasted Brioche Bap topped with Baby Gem Lettuce, Tomato, Smoked Streaky Bacon, Dubliner Sliced Cheddar Cheese, Ballymaloe Relish & Fries

FLAMING CHICKEN BURGER €14.50

(G)(E)(M)(SB)(CY)(G)

Cajun Spiced Chicken Breast served with Toasted Brioche Bap topped with Gem Lettuce, Sliced Cheese, Red Pepper Relish & Fries

STEAKS

(G)(M)(E)(SB)

8oz Fillet Steak €27.50

10oz Sirloin Steak €26.50

10oz Ribeye Steak €25.00

Prime 10oz Steak Cooked to Your Liking, Served with Flat Mushroom, Crispy Onions, Steak House Fries and Your Choice of Peppercorn Sauce or Garlic Butter

DUO OF MONKFISH AND PRAWNS €19.50

(F)(M)(E)(SS)(SB)

Served with Garlic Rosti Potatoes & a Tandoori Cream Sauce

SURF N TURF €29.90

(F)(G)(M)(E)(S)(B)

8OZ Fillet Steak

Medallion of Monkfish with Mushroom & Whiskey Sauce

PEPPERED CHICKEN €14.90

(M)(E)(G)(SB)(CY)

Chargrilled Pepper & Lemon Chicken with Spring Onion, Mash, Flat Mushroom, Crispy Onion in a Creamy Pepper Sauce

ROAST BEEF €14.90

(G)(SB)(M)(E)

Roast Sirloin of Roast Beef served with a Yorkshire Pudding and Red Wine jus

HOMEMADE CHICKEN GOUJONS €14.20

(G)(M)(E)(SS)

Served with a Seasonal Salad & Chips

UPTON CURRY

(CY)(G)(E)(M)(MD)(SB)(SS)(L)

Chicken, Melange of Vegetables, Accompanied with Naan Bread, Mango Chutney and Basmati Rice

VEGGI €11.90

CHICKEN €13.50

TRADITIONAL EGG NOODLE STIR FRY

(SB)(N)(CY)(G)(SS)

With Sauteed Seasonal Vegetables Coated in a Sweet Soy Sauce, Sweet Chilli Sauce and Your Choice ...

VEGGI €13.95

TIGER PRAWNS €18.95

CHICKEN BREAST €16.95

FISH

FISH & CHIPS €15.50

(F)(E)(M)(G)

Haddock in a tempura batter, with Mussy Peas, Homemade Tartar Sauce, Lemon Wedges and Chips

LEMON SOLE GOUJONS €14.90

(F)(M)(G)

Served with Tartar Sauce, Seasonal Salad & Chips

PAN-FRIED FENNEL & GARLIC SEABASS €18.50

(F)(M)(G)(N)

Served with a Pesto Mash Potato done in a Lemon Cream.

CHOICE OF SANDWICHES

12-5pm

Toasted Sandwiches or Fresh Sandwiches

Hot Roast Joint Ciabatta €8.50

Served with Side Salad

Panini – Spicy Chicken, Red Onion, Cheese and Mayonnaise €9.90

Tuna Melt Wrap €8.50

SALADS

Starter (€7.50)

Main (€13.90)

CLASSIC CHICKEN SALAD

(M)(E)(CY)(G)(N)

(Add Chicken €2.00)

With Baby Gem Lettuce, Steak Bacon, Parmesan Cheese, Caesar Dressing, Herb Croutons

BEETROOT, FETA AND PEAR SALAD

(M)(E)(SB)(CY)(N)

(Add Chicken €2.00)

SIDE ORDERS

2.95

CHIPS, SPICY WEDGES, TOSSED SALAD,
GARDEN PEAS, COLESLAW, ONION RINGS,
CHAMP MASH, SAUTE ONIONS & MUSHROOMS,
GREEN SALAD

VEG & POTATOES OF THE DAY.

DESSERTS

€6.50

WARM STICKY TOFFEE PUDDING

(G)(E)(M)

Served with Fresh Cream Raspberry Coulis and Chocolate Cigar Roll

HOMEMADE APPLE CRUMBLE

(G)(E)(M)

Served with Vanilla Ice Cream and Crème Anglaise

PROFITROLES

(G)(M)(E)

Puff Pastry filled with Fresh Cream and Drizzled with Chocolate

CHEESECAKE OF THE DAY

(G)(M)(E)

SELECTION OF LUXURY ICE CREAM

(E)(M)(L)

Served in a Chocolate Wafer Basket, Fresh Cream & Chocolate Sauce

FRESH FRUIT MERINGUE

Dishes marked with letters contain certain allergens as shown:

C= Crustaceans	MD= Mustard	F= Fish	SS= Sesame Seed
E= Eggs	SD= Sulphur Dioxide	P=Peanuts	L=Lupin
SB= Soya Beans	MC=Mollusc's	M= Milk	G=Gluten
CY= Celery	N=Nut		

Gluten Free Menu

Starters

HOMEMADE SOUP OF THE DAY €4.90

(C)(F)(M)

With Gluten free Bread

KILMORE QUAY SEAFOOD CHOWDER €6.90

(C)(F)(M)(SS)(MD)(SB)(N)

Lightly Poached Seafood and Shellfish in a White Wine and Fish Velour

CROCK OF MUSSELS €9.50

(C)(F)(M)(SS)(MD)

Mussels cooked in white wine Garlic, Shallots & a mild Curry Cream Sauce.

BEETROOT, FETA AND PEAR SALAD

(M)(E)(SB)(CY)(N)

Starter (€7.50)

Main (13.90)

(Add Chicken €2.00)

Main Course

STEAKS

(M)(E)(SB)

8oz Fillet Steak €27.50

10oz Sirloin Steak €26.50

10oz Ribeye Steak €25.00

Prime 10oz Steak Cooked to Your Liking, Served with Flat Mushroom, Steak House Fries and Your Choice of Peppercorn Sauce or Garlic Butter

DUO OF MONKFISH AND PRAWNS €19.50

(F)(M)(E)(SS)(SB)

Served with Garlic Rosti Potatoes & a Tandoori Cream Sauce

SURF N TURF €29.90

(F)(M)(E)(S)(B)

8OZ Fillet Steak

Medallion of Monkfish with Mushroom. Garlic Butter

PEPPERED CHICKEN €14.90

(M)(E)(SB)(CY)

Chargrilled Pepper & Lemon Chicken with Spring Onion, Mash, Flat Mushroom, in a Creamy Pepper Sauce

ROAST BEEF €14.90

(SB)(M)(E)

Roast Sirloin of Roast Beef served and Red Wine jus

PAN-FRIED FENNEL & GARLIC SEABASS €18.50

(F)(M)(N)

Served with a Pesto Mash Potato done in a Lemon Cream.