



Upton Court

HOTEL & HOLIDAY COTTAGES

STARTERS

CREAM OF VEGETABLE SOUP €4.90

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

UPTON COURT CHICKEN WINGS

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

Juicy Chicken Wings Coated in BBQ Sauce **OR** Hot Sauce
Accompanied with Blue Cheese Dip and Celery Sticks

Starter Portion **€9.10**

Main Portion with Fries **€14.50**

FRESH ATLANTIC MUSSELS €10.90

(C)(F)(M)(CY)(G)(N)

Steamed in Shallot Garlic and White Wine Cream Sauce and topped in a Lemon & Spring Onion

GOLDEN FRIED PORTOBELLO MUSHROOMS €7.80

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

Sliced Portobello Mushroom in a Panko Crumb with Garlic Dip

MEXICAN STYLE NACHOS €8.90

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

Tortilla Chips topped with Cheese, Guacamole and Sour Cream Dips.

Add Minced Beef **€1.00**

BLACK TIGER PRAWNS €10.50

(F)(M)(G)(SB)(CY)

Sauteed with Cream, Garlic & White Wine Sauce with Coriander & Chilli Served with Toasted Sourdough

Salads

CLASSIC CAESAR SALAD

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

Starter Portion **€8.50**

Main Portion with Fries **€12.90**

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



Upton Court

HOTEL & HOLIDAY COTTAGES

MOZZARELLA & HEIRLOOM TOMATO SALAD

(M)(SB)(CY)

Starter Portion **€8.50**

Main Portion with Fries **€13.50**

Seasonal Garden Leaves & Basil Oil Dressing

WARM SMOKED SALMON SALAD

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

Starter Portion **€9.50**

Main Portion with Fries **€14.50**

With Asparagus, Green Beans & Potatoes topped with a Poached Egg

MAINS

UPTON BURGER €15.50

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

Hereford Irish Beef served on a Toasted Brioche Bap topped with Baby Gem Lettuce, Tomato, Smoked Streaky Bacon, Apple Wood Cheddar Cheese, Bacon Jam & Fries

FLAMING CHICKEN BURGER €14.90

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

Cajun Spiced Chicken Breast served on a Toasted Brioche Bap topped with Gem Lettuce, Sliced Cheese, Cajun Spiced Mayo & Fries

DUO OF HAKE AND PRAWNS €23.90

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

Served with Garlic Rosti Potatoes & a Tandoori Cream Sauce

TRADITIONAL EGG NOODLE STIR FRY

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

With Sauteed Seasonal Vegetables Coated in a Sweet Soy Sauce, Ginger, and Sweet Chilli Sauce

VEGETARIAN €13.90

CHICKEN €14.90

TIGER PRAWNS €16.50

MONKFISH & COCONUT CURRY €22.00

(F)(M)(SB)(CY)

Monkfish Tail served in Curry Sauce with Broccoli, Courgette, Roasted Red Pepper, Coconut & Basmati Rice

Add - Tiger Prawns €25.00



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HOTEL & HOLIDAY COTTAGES

ITALIAN CHICKEN € 16.50

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

Served with a Parmesan and Smoked Paprika Crust, Potato Gratin, Charred Leeks,
Tender Stem Broccoli with Sweetcorn Velouté

ROAST LEG OF LAMB €17.50

(SB)(E)(M)

Served with Garlic Potatoes, Honey Roast Parsnips, Pea & Mint

KILMORE QUAY FISH AND CHIPS €15.80

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

Beer Battered Fillet of the day Served with Mushy Peas, Homemade Tartar Sauce
Seared Lemon Wedges & Steak House Chips

PENNE ARRABIATA

(G)(M)(SB)

Mediterranean Vegetables bound in Pasta with a Spicy Tomato Sauce,
Topped with Parmesan Cheese & Garlic Bread

VEGETARIAN €13.90

CHICKEN €14.90

TIGER PRAWNS €16.50

MACAMORE BUFFALO BANGERS AND MASH €15.50

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

Buffalo Sausages with Scallion Mash with an onion Gravy.

MAINS

PEPPERED CHICKEN €15.80

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

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

PRIME ROAST BEEF €15.50

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

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

HOMEMADE BREADED BUTTERFLY CHICKEN € 14.50

Topped with a Spicy Tomato Salsa served with a Seasonal Salad & Chips



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HOTEL & HOLIDAY COTTAGES

CAJUN CHICKEN TAGLIATELLE €14.80

(M)(G)(N)(SB)

Chicken Bound in a Cajun Cream Sauce, Topped with Parmesan Cheese & Garlic Bread

PAN SEARED FILLETS OF SEABASS €24.50

(F)(M)(SB)(CY)

Rested on Spinach and Tender Stem Broccoli, Celeriac Puree, with a white wine Sauce.

STEAKS SELECTION

All our Famous Steaks are choice cut 100% Irish Beef and Cooked to your liking and Accompanied with Homemade Onion Rings, Flat Cap Mushroom & Steak House Chips & a Choice of Peppercorn Sauce, Bearnaise Sauce, Garlic Butter or Red Wine Jus

8oz Ribeye Steak €28.00

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

The Steak Lovers Steak is well Marbled and Juicy

10oz Sirloin Steak €30.00

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

Our Sirloin Steak is Prime, Hearty and Full of Flavour

SURF N' TURF €33.00

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

8 OZ Ribeye Steak & Tiger Prawns

CHOICE OF SANDWICHES 12-5pm

Toasted Sandwich €5.50

Fresh Sandwich €4.90

Add a Cup of Soup for €2.00

Panini – Spicy Chicken, Red Onion, Cheddar Cheese and Mayonnaise €10.50

Served with Chips

Tuna Melt Wrap €9.50

Tuna, Cheese, Sweetcorn & Mayonnaise

Served with Chips

SIDE ORDERS

€3.20

CHIPS, TOSSED SALAD,

GARDEN PEAS, COLESLAW, ONION RINGS,

CHAMP MASH, SAUTE ONIONS & MUSHROOMS,

VEG & POTATOES OF THE DAY

SPICY WEDGES €3.90

www.uptoncourt.ie

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Upton Court

HOTEL & HOLIDAY COTTAGES

Gluten Free Menu

Starters

HOMEMADE SOUP OF THE DAY €4.90

(CY)(M)

With Gluten free Bread

FRESH ATLANTIC MUSSELS €10.90

(C)(F)(M)(CY)(N)

Steamed in Shallot Garlic and White Wine Cream Sauce and topped in a Lemon & Spring Onion

BLACK TIGER PRAWNS €10.50

(F)(M)(SB)(CY)

Sauteed with Cream, Garlic & White Wine Sauce with Coriander & Chilli

MOZZARELLA & HEIRLOOM TOMATO SALAD

(M)(SB)(CY)

Starter Portion **€8.50**

Main Portion with Fries **€13.50**

Seasonal Garden Leaves & Basil Oil Dressing

WARM SMOKED SALMON SALAD

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

Starter Portion **€9.50**

Main Portion with Fries **€14.50**

With Asparagus, Green Beans & Potatoes topped with a Poached Egg

KILMORE QUAY SEAFOOD CHOWDER €8.20

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

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



Upton Court

HOTEL & HOLIDAY COTTAGES

Gluten Free Menu

Main Course

DUO OF HAKE AND PRAWNS €23.90

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

Served with Garlic Rosti Potatoes & a Tandoori Cream Sauce

MONKFISH & COCONUT CURRY €22.00

(F)(M)(SB)(CY)

Monkfish Tail served in Curry Sauce with Broccoli, Courgette, Roasted Red Pepper, Coconut & Basmati Rice

Add - Tiger Prawns €25.00

ROAST LEG OF LAMB €17.50

(SB)(E)(M)

Served with Garlic Potatoes, Honey Roast Parsnips, Pea & Mint

MACAMORE BUFFALO BANGERS AND MASH €15.50

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

Buffalo Sausages with Scallion Mash with an onion Gravy.

PRIME ROAST BEEF €15.50

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

Roast Sirloin of Beef served with a Red Wine jus

8oz Ribeye Steak €28.00

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

The Steak Lovers Steak is well Marbled and Juicy

10oz Sirloin Steak €30.00

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

Our Sirloin Steak is Prime, Hearty and Full of Flavour



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HOTEL & HOLIDAY COTTAGES

DESSERTS

€6.50

WARM STICKY TOFFEE PUDDING

(G)(E)(M)

Served with Fresh Cream Raspberry Coulis

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		

Enjoy your visit
From the Upton Court Team

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