



Ghan House, Carlingford

Confirmation/Communion/Christening

EXAMPLE lunch Menu 2016

See menu pricing & choice decisions at end of menu.

Starters

~ served with homemade breads ~

Chef's soup of the day (v)

St Tola goats' cheese curd,
shaved fennel salad, orange, toasted almonds (v)

Seafood chowder

Carlingford Lough mussels
cooked in white wine, onions & lemongrass

Ghan House fish cake,
salad leaves, lightly spiced tomato salsa

Treacle cured salmon,
yoghurt, beetroot, nasturtium, tzatziki granite

Classic chicken Caesar salad

Ghan House terrine,
red onion jam

Main courses

- served with potatoes of the day

Vegetarian 'Cottage pie',
red lentils, seasonal vegetables, sweet potato (v)

Pan seared fillet of Atlantic cod,
tender stem broccoli, onion sauce

Oven roast breast of Cootehill chicken,
with a chorizo stuffing

Rump of Slaney Valley lamb,
turnip, bacon jam, lamb jus

Roast Sirloin of Cooley beef
with Yorkshire pudding and horseradish

(served slightly pink unless otherwise requested) - supplement €3.50

Desserts

Mandarin vanilla cheesecake,
granola

Sticky toffee pudding,
butterscotch,
homemade ice-cream

Vanilla crème brûlée,
homemade shortbread

Homemade ice creams

Selection of Irish cheeses
homemade chutney
& homemade biscuits
€3 supplement

Tea/regular coffee/espresso - €2.50
Latte/Cappuccino - €3.50

This menu is an example menu.

*Some items may change relative to the
season & availability*

*If you have an allergy,
please talk to us,
we can amend most dishes.
For list of allergens, please see reverse*

Please, on confirmation decide;

3 courses

1 starter, 1 main, 1 dessert
- per person €29.50

3 courses

Choice of 3 starters, 4 main, 3 desserts
- pre-order needed 1 week in advance
€29.50,
or) on day - per person €33.50

Children under 15

~ 1/2 portions, 1/2 price
or chicken & chips €11.50

Chips €3.50

Ghan House, Carlingford,
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~ Accommodation ~ Restaurant ~ Civil Ceremonies ~
~ Weddings & special occasions ~ Corporate Hospitality ~
~ Cookery School ~



Food Allergens

2 % of the population has some form of food allergy, of which there are 14 known allergens.

To help you we have noted all these allergens we may have used on the list below.

If you are one of these 2%, please talk to us and let us know what your allergy is - we may be able to adjust a dish you may want to suit.

Present List of Allergens:

Cereals containing gluten, such as wheat (spelt and khorasan wheat), barley, rye and oats.

Crustaceans such as prawns, crabs, lobster and crayfish.

Molluscs such as clams, scallops, squid, mussels, oysters and snails.

Eggs, fish, peanuts, soy beans, milk, nuts such as almonds, hazlenuts, walnuts, pecans, macadamias.

Celery, mustard, sesame.

Sulphur dioxide or sulphites (where added and is > 10mg in the finished product. Often found in dried fruit and in wine). Lupin.

If you are 'pescetarian'

- please let us know at the time of ordering

- we may need to adjust ingredients in fish/seafood dish.