



## Sunday Lunch Menu

Sunday 30<sup>th</sup> October 2016

**3 courses – per person €29.50**

tea/coffee/espresso €2.50

Or starter €7.50, Main €16.50, dessert €6.50, chips €3.50

Children under 15 ~ ½ portions, ½ price

### Starters

~ served with homemade breads ~

#### **Soup;**

butternut squash, cheese gougère (v)

#### **Salt and rye baked beetroot,**

goat's cheese croquette, toasted pumpkin, sunflower & sesame seeds (v)

#### **Treacle cured salmon,**

saffron ice-cream, accras

#### **Pork;**

slow cider braised pork belly, red cabbage wonton,  
caramelised shallots, crispy onions

### Main courses

- served with potatoes of the day

#### **Cabbage (v),**

bubble & squeak, crispy egg, peas

#### **Cod,**

fillet of Irish cod, cider & mussel sauce

#### **Lamb,**

rump of Mourne mountain lamb, artichoke, pearl barley

#### **Beef;**

7oz fillet of Carnbrooke beef,  
salt baked onion, soubise

### Desserts

#### **Apple;**

compote, salted caramel, baked  
custard, streusel, toffee

#### **Mont Blanc;**

vanilla, blackcurrant gel, chestnut  
sorbet, cream

#### **Carrot;**

mandarin jelly, cream cheese,  
yoghurt panna cotta

#### **Chocolate;**

deep fried Nutella doughnut, milk  
chocolate mousse, chocolate sauce

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**Tea/regular coffee/espresso - €2.50**

**Latte/Cappuccino - €3.50**

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**If you have an allergy,**

**please talk to us,**

**we can amend most dishes.**

**For list of allergens, please see reverse**

**Ghan House, Carlingford, Co. Louth, Ireland.**

**[www.ghanhouse.com](http://www.ghanhouse.com) +353 (0)42 937 3682**

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## **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, macadarmias.

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.**