



Food Heartland
Armagh City, Banbridge & Craigavon



Starters

The Monks Platter (starter/main) (F,E,G,Mu,C,SD) £8.00 / £14.00
Medley of smoked salmon, prawn Marie rose and curried Ardglass crab
With wheaten bread and tossed seasonal leaves

The Friar's Pot (MO,F,C,N,M,G) £8.95
Steamed Dundrum mussels cooked in Armagh longmeadow cider with cream and tarragon and served with griddled garlic bread

Cajun Chicken Caesar Salad (G,M,F,E,SD) (starter/main) £7.50 / £13.50

Smoked Salmon Caesar Salad (G,F,M,E,SD) £7.60

Traditional Caesar Salad (G,F,M,E,SD) £6.90

Prawns Caesar Salad (C,G,F,M,E,F,SD) £7.60

Roasted Vegetable Caesar Salad(vegetarian) (G,F,E,M,F,SD) £6.60

Homemade soup of the day (Check with server about allergens) £6.10
Served with freshly baked bread rolls

Pan Seared Medley of Armagh Wild Mushrooms with Cream and Cognac(V) £7.60
Cooked in cognac cream and herbs, served on grilled focaccia bread and drizzled with white truffle oil and parmesan shavings (G,M,SD)

Japanese Style Chicken Tempura (starter/main)(G,CE,E,SO) £7.50/£13.80
Crispy fried battered chicken fillet strips with pickled ginger, pock choi & sweet soy noodle salad

Crispy Chinese Duck Spring Roll £7.70
Served with a chilli jam (G,E,CE,SO)

Allergy Advice-Menu items with the following abbreviated codes Contain ingredients that may cause allergic reactions. **G** - Gluten **M**- Milk **E**-Eggs **MU**-Mustard **F**-Fish **C**-Crustacean **N**-Nuts **S**-Sesame **CE**-Celery **SD**-Sulphur Dioxide **L**-Lupin **MO**-molluscs **SO**-soya **P**-Peanuts

Main Course

(All the beef on our menu is sourced locally by Hewitt's meats, Loughgall, Co Armagh and aged by Carnbrooke Meats Co. Down)

Locally sourced Steak Menu

8oz Sirloin Steak	£19.50
10oz Sirloin Steak	£22.50
10oz Beef Fillet	£26.00
10oz Beef Fillet Glazed with Irish Cashel Blue Cheese (M)	£27.00
8oz Medallions of Beef	£23.00
14oz Duo of Sirloin & Beef Fillet	£25.50
Surf & Turf (C, M) 10oz Sirloin steak served with garlic seared jumbo prawns	£24.00

All our steaks are served with a choice of champ, chips or garlic saute potatoes with glazed cherry tomatoes and onion rings

'OUR OWN' GOURMET BEEF BURGER **£14.95**
Served in toasted Brioche bap with onions, crispy Parma ham, cheddar, mixed leaves, tomato chutney and chunky chips
(G, E, M,SD)

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Chefs Specials

Slow cooked Mourne Lamb Shank **£18.50**
With creamy whipped colcannon potatoes and roasted root vegetable in cooking sauce (M, Ce, Sd)

Oven Baked Scottish Salmon Fillet (or Seared Seabass) **£18.50**
With gratin potatoes, melange of fried winter greens and lemon and chive cream sauce (F, G, Sd, M)

Baked Chicken Supreme Gratinated with Ballylisk Cheese and Parma Ham **£17.50**
Served on sauté potatoes & broccoli florets with winter wild mushroom & brandy cream (M, Sd, Mu, G)

'Vegan' Thai Green Vegetable Coconut Curry **£14.50**
With oven baked samosas and sweet chilli salsa (Ce, Sd, N, G, So, S)

Roast of the Day **£17.00**
With rosemary and shiraz gravy, with roasted potatoes, creamy champ and a mélange of vegetables (G, M, SD)

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Vegetarian

Indian Style Tandoori Vegetable Biryani **£14.95**
Served with crisp poppadoms & warmed nann bread (N,G,Ce,C,Mu,M)

Vegetable Carbonara **£14.95**
With basil pesto, grilled garlic bread & parmesan(G, M, E, CE)

Please select your Side Orders from the following £3.75

Champ	French fried onions (G)
Garlic sauté potatoes (M)	Sauté mushrooms (M)
Freshly cut chips	Sauté onions (M)
Dauphinoise potatoes(M)	Buttered garden peas(M)
Mélange of vegetables	Cauliflower mornay (G, M)

Salads: Tossed house salad

Green salad

Choice of balsamic, Caesar or French dressing

Sauces: Trio of peppercorn sauce, garlic butter and herb gravy,
wild mushroom and brandy sauce (M, SD)

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