

Soups:

Soup of the Day (V)	€ 5
Consommé of Vine Tomatoes with a Basil Crouton	€ 5
Cream of Rosemary and Roast Garlic Soup	€ 5

Light Snacks:

Traditional Smoked Salmon served with Brown Bread	€ 13
Tempura baked Prawns served with Chives soured Cream	€ 13
Warm Salad of Crab Claws with Garlic Dip and Guacamole	€ 12
Classic Egg Benedict on toasted Muffin with Thin Sliced Ham and Truffles	€ 10
Tartlet of Goats Cheese & Asparagus Tossed Lettuce (V)	€ 11
Spa Club Sandwich Triple Decker Sandwich with Roasted Turkey Breast, Bacon, Light Mayonnaise and Lettuce Served on Homebaked Six Corn Bread	€ 15

Main Courses:

Linguini with Sundried and Cherry Tomatoes Tossed in a Rocket Pesto accompanied by a Side Salad(V)	€ 15
Caesar Salad with Crispy Bacon and Garlic Croutons	€ 13
Red Thai Curry with Chicken Breast and grilled Asparagus Basmati Rice	€ 19
Green Curry with Tiger Prawns and mixed Vegetables Baby Spinach and Basmati Rice	€ 22
Tortilla Wrap filled with Tuna, Lettuce, Tomato, Onions & Cucumber Served with a Chive Soured Cream	€ 14
Grilled Breast of Chicken Sautéed Potatoes and Mixed Vegetables	€ 19

Daily Special Light Menu

Includes a two course menu with a Fruity Drink of the Day € 25
Please ask our Service Personnel about the Daily Special Menu

Side Dishes

Guacamole - Jalapeno Relish - Garlic Butter	€ 3
Home cut Chips	€ 4
Boiled Baby Potatoes	€ 3
Stir Fried Vegetables	€ 4
Tossed Spinach	€ 4
Garlic Bread	€ 3
Garlic Bread with Cheese	€ 4

October Light Specials

Monday

Spanish Style omelette with Chorizo & Peppers
Tossed Leaves and Homemade Chips € 14

Tuesday

Classic Caesar Salad with Homecured Salmon
With crispy Bacon and Garlic Croutons € 15

Wednesday

Tagliatelle in a creamy Lemon Sauce
With Atlantic Salmon served with a tossed Salad € 15

Thursday

Tossed Salad in a Balsamic Vinaigrette
Topped by roasted Nuts and Strips of Chicken Breast € 17

Friday

Selection of Salmon
with crème fraiche and Mustard Dill Sauce € 18

Saturday

Cous Cous stuffed Courgette gratinated with Mozarella
Accompanied by a spicy Tomato Sauce € 12

Sunday

Cutlets of Lamb with a Herbal Crust
Sautéed Potatoes and Green Beans € 23

Sweet Delights:

Panna Cotta with Mixed Berry Ragout € 8

Baked Apple Crumble & Green Apple Sorbet € 9

Duo of Lemon

Light Mousse & Sorbet € 8

Classic Vanilla Icecream with Hot Raspberries € 8

Energy boosting Smoothies & Juices:

Tropical Sunshine Smoothie € 5

Sweet Dreams Smoothie € 5

Avocado Passion Fruit Smoothie € 5

Berry Energy Smoothie € 5

Apple Juice € 5

Orange Juice € 5

Pink Grapefruit Juice € 5

Pineapple & Chilli Juice € 5

Carrots & Ginger Juice € 5

Homemade Mueslis for the Late Breakfast

All Mueslis based on Greek Style Yoghurt and Granola flavoured with the following

Nuts and Passion Fruit € 5

Dried Fruits and Mascarpone Cheese € 5

Strawberries & Raspberries € 5

Tea & Coffee

Pot of tea	€3.75		
Herbal Teas available:			
Camomile	Earl Grey	Decaffeinated	Mixed Berries
Green Tea:	Organic	Lemongrass	Jasmine
Pot of Coffee	€3.75	Americano	€3.75
Espresso	€3.75	Double Espresso	€4.50
Cappuccino	€4.00	Latte	€4.00
Mocca	€4.00	Hot Chocolate	€4.00

Minerals

Club Lemon	€3.50	White Lemonade	€2.40
Club Orange	€3.50	Bitter Lemon	€2.40
Cidona	€3.50	Tonic	€2.40
Coca-Cola	€3.50	Ginger Ale	€2.40
7-Up	€3.50		

Water

	<u>750ml</u>	<u>250ml</u>
De Braam Spring Sparkling Water	€6.00	€3.50
De Braam Spring Still Water	€6.00	€3.50

Bottle Beer

Heineken	€5.40	Budweiser	€5.40
Bulmers	€5.40	Becks N/A	€5.40

Wines by the Glass

White

Edelzwicker	2007	€7.50
Antoine Moltes et Fils-France		
Macon Lugny	2007	€8.00
Les Genierres, Louis Latour-France		
Château des Eyssards	2008	€8.00
Sauvignon Blanc, Semillion-France		
Pinot Grigio	2008	€8.00
Tenuta Viscone-Italy		

Red

Côtes du Rhone	2007	€6.50
Jamardiere, J Pellerin-France		
Fleurie	2005	€8.00
Cru du Beaujolais-France		
Vina Alambrada Crianza	2004	€8.00
La Mancha- Tempranillo-Spain		
Julio Bouchon Merlot	2007	€8.00
Maule Valley- Chile		