



LUNCH MENU

STARTERS

FRESH SOUP OF THE DAY (V)(C) €3.95
Served with Freshly Baked Breads

WEST COAST SEAFOOD CHOWDER (V) €4.95
With Fresh Salmon, Natural Smoked Haddock and Atlantic Cod, served with our Freshly Baked Breads

CLASSICAL CAESAR SALAD €6.95
Crisp Cos Lettuce, Lardons, Garlic-Scented Croutons, Parmesan Shavings and Toasted Pine Nuts, all bound in our Homemade Caesar Dressing
Add Char-Grilled Chicken €2.00

ELWOODS BUFFALO WINGS (C) €4.95
Chicken Wings, marinated in our Secret Blend of Herbs and Spices, served with Cool Blue Cheese Dip, Curly Celery and Carrot Sticks

NUTTY NOODLE AND STIR FRIED VEGETABLE SALAD (N)(V) €6.95
Stir Fried Noodles, Asian Shoots and Vegetables, served with Dressed Leaves and Toasted Nuts drizzled with a Soy and Stem Ginger Dressing

BRUSCHETTA OF ROASTED MEDITERRANEAN VEGETABLES (V) €5.95
Garlic and Olive-Scented Sourdough, topped with Roasted Courgette, Pepper, Aubergine and Onion, smothered with Melted Brie and served with Dressed Leaves, finished with a Pesto Drizzle

SALMON FISH CAKES €7.95
Killary Harbour Salmon and Mashed Potato Cakes, baked in the oven, and served with Dressed Leaves and Sweet Chilli Sauce

ELWOODS COBB SALAD €6.45
Balsamic and Honey Dressed Salad Leaves with Lardons, Chicken, Boiled Egg, Red Onion, Herb Croutons and Chives

V - Vegetarian
C - Coeliac
N - Contain Nuts



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MAIN COURSES

KILKENNY IRISH BEER-BATTERED FISH 'N' CHIPS €9.95
Fresh Atlantic Haddock, deep-fried in our Irish Ale Batter, served with Home Cut Fries and Coleslaw & Tartare sauce

PHILLY CHEESESTEAK €11.95
Slices of Prime Irish Beef with Fried Onions cooked Philly Style, smothered with Monterey Jack Cheese, on a soft Dough Roll, served with Home Cut Fries

GOUJONS OF CHICKEN €9.95
Golden Crumb Chicken Fillets, served with Dressed Leaves, Sweet Chilli Sauce and Home Cut Fries

HEALTHY OPTIONS

SMOKED TURKEY WRAP (496 CAL) €6.95
A Flour Tortilla Filled with New York Deli Style Smoked Turkey Breast, Red Onion, Salad Greens, Sliced Tomato & Elwoods Tomato Relish

PENNE PASTA ARRABBIATA (240 CAL) €7.95
Penne Pasta Cooked in a Tomato, Garlic and Red Chilli Sauce with Roasted Provencale Vegetables
Add Char-Grilled Chicken(440 Cal) €2.00

WEST COAST SEAFOOD SALAD (199 CAL) €9.95
A Fresh Selection of Atlantic Cod, Natural Smoked Haddock and Fresh Salmon Lightly Poached, Served with Salad Greens and Finished with a Sweet Chilli Dressing

LOW CAL VEGETABLE CURRY (238 CAL) €9.95
Our Delicious Low Cal and Gluten Free Recipe with Roasted Courgette, Pepper, Aubergine, Onion and Chickpeas Served with Brown Basmati Rice
Add Chicken (452 Cal) €2.00

TUNA WRAP (462 CAL) €6.95
Tuna in Low Fat Mayo with Sun Blushed Tomatoes, Red Onion and Baby Spinach Leaves in a Lightly Toasted Tortilla Served with House Salad on the side.



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GOURMET SANDWICHES

ELWOODS CLUBHOUSE SANDWICH €8.50

A Double Decker Sandwich filled with Chicken, Bacon, Sliced Tomato, Crisp Lettuce and Mayonnaise, topped off with a Fried Egg, on toasted Bloomer Loaf served with Dressed Leaves and Home Cut Fries

CHICKEN & HERB STUFFING WRAP €7.95

Char-Grilled Chicken with Herb and Onion Stuffing, Roast Garlic Mayonnaise served with Home Cut Fries

ROAST BEEF WRAP €8.95

A Lightly Toasted Flour Tortilla Filled with Slow Roast Prime Irish Beef, Red Onion Marmalade, Mozzarella and Mayonnaise, Served with Home Cut Fries & Salad

B.L.T €7.95

A Floury Bap Filled with Crisp Bacon, Sliced Tomato, Mayonnaise and Iceberg Lettuce, Served with Homecut Fries & Salad

SOUPER DOUPER COMBO €6.95

Today's Soup with your choice of Sandwich, served on White Bloomer Loaf
Choice of filling:
Ham, Salad, Tuna, Cheese, Chicken

CREATE YOUR OWN SANDWICH €5.25

White Bloomer Loaf, Flour Tortilla, or Multigrain Bap
Choice of filling:
Ham, Salad, Tuna, Cheese, Chicken

DESSERTS

CHOCOLATE FONDANT €4.95

Warm Molten Chocolate Cake, served with Vanilla Ice Cream and Chocolate Sauce

BANOFFEE PIE €4.95

Chantilly Cream-topped Toffee and Banana on a Biscuit Base, served with Fresh Dairy Cream

DESSERT OF THE DAY €4.25

Please ask your Server for Today's Dessert Special

IRISH COFFEE €5.90

BRANDY COFFEE €5.90

BAILEYS COFFEE €5.90

CALYPSO COFFEE €5.90