



# Food Menu

## THE CASTLEBAR

### BURGERS

<b>The Castlebar Lamb burger</b>	<b>£17.50</b>
Lamb burger, tzatziki, hummus, beef, tomato, lettuce and chunky chips	
<b>Rodeo chargrilled Chicken Burger</b>	<b>£16.45</b>
Marinated grilled chicken, melted applewood cheese, bacon, BBQ sauce, lettuce, onions rings, beef tomato, triple cooked chips & mayo	
<b>Breaded chicken burger</b>	<b>£17.60</b>
Lemon & garlic breaded chicken breast burger, mayo, Smoked applewood cheese, ham, lettuce, beef tomato & triple cooked chips	
<b>The Big Blue</b>	<b>£18.95</b>
Beef burger, crispy bacon, blue cheese, gherkins, beef tomato, lettuce, triple cooked chips, burger sauce & onions rings	
<b>The Monterey Jack Flaming beef burger</b>	<b>£18.65</b>
Beef burger, crispy bacon, spicy Monterey cheese, jalapeños, beef, tomato, lettuce, triple cooked chips, sour cream, relish & onions rings	
<b>American style beef burger</b>	<b>£19.75</b>
Beef burger, crispy bacon, smoked cheese, gherkins, fried egg, lettuce beef tomato, grilled onions, triple cooked chips, mayo & cheese sauce	
<b>Veggie burger</b>	<b>£15.95</b>
Grilled Halloumi, Mediterranean vegetables, relish, mixed leaves beef tomato & triple cooked chips	



### SIDE ORDERS

French Fries	<b>£4.95</b>	Marinated mixed Gordal & Kalamata olives & sun-dried tomato	<b>£5.50</b>
Chunky Chips	<b>£5.50</b>		
Sweet Potato Fries	<b>£7.15</b>	<b>SAUCES</b>	<b>£1.10</b>
Mixed Salad	<b>£6.05</b>	Chipotle, Sweet Chilli, Garlic Mayo, Tartare, BBQ, Hot chilli	
Sautéed Spinach	<b>£5.50</b>		

### SUNDAY'S ONLY FROM 12PM

#### SUNDAY ROAST MENU

Roast Fore Rib Of Beef Aged 21 Days **£29** or Roast Corn - Fed Chicken **£25**

Our Premium Roast is Served with a selection of green vegetables, roasted root vegetables, roast maris piper potatoes with thyme, rosemary & garlic, cauliflower cheese & yorkshire pudding & gravy



### TAPAS

#### Vegetarian

<b>Quesadilla de vegetales</b>	<b>£7.65</b>
Traditional Mexican grilled vegetables quesadilla with cheese and Pico de Gallo salsa	
<b>Padron Peppers</b>	<b>£10.45</b>
Sautéed Galician Padron peppers	
<b>Patatas bravas con aioli</b>	<b>£7.15</b>
Roasted diced potatoes with spicy brava sauce and aioli	
<b>Pinchos de Queso</b>	<b>£8.50</b>
Crispy halloumi skewers with zucchini & pea salad	
<b>Croqueta de espinaca y queso de cabra</b>	<b>£9.65</b>
Spinach & goat cheese croquettes	



#### Meat

<b>Quesadilla de pollo</b>	<b>£10.75</b>
Traditional spiced chicken quesadilla with cheese and Pico de Gallo salsa	
<b>Croquetas de jamon con cebolla caramelizada</b>	<b>£10.00</b>
Spanish ham Croquettes with caramelized onions	
<b>Chorizo a la sidra</b>	<b>£9.70</b>
Chorizo cooked in cider with grilled slice of baguette	
<b>Korean Style Bao Buns</b>	<b>£8.50</b>
Pulled beef brisket with BBQ Coca Cola, spring onions & ginger	



#### Fish

<b>Fish Croquettes</b>	<b>£10.75</b>
Monkfish & prawns croquettes with cucumber, gherkin, and dill salsa	
<b>Boquerones crocantes</b>	<b>£10.65</b>
Crispy whitebait with tartare sauce & lemon	
<b>Calamares a la Andaluza</b>	<b>£10.45</b>
Andalucia style deep fried squid	
<b>Camarones Apanados</b>	<b>£11.95</b>
Prawns battered in golden tempura batter with sweet chilli sauce	
<b>Gambas con mejillones</b>	<b>£11.95</b>
Spicy tiger prawns & mussels with white wine & butter sauce	



### DESSERTS

<b>Churros with chocolate sauce &amp; strawberries</b>	<b>£8.85</b>
Churros dusted in cinnamon sugar with warm chocolate sauce	
<b>Warm chocolate fondant</b>	<b>£8.85</b>
Baked soft chocolate fondant with Carte D'or vanilla ice cream	
<b>Apple Tarte Tatin</b>	<b>£8.85</b>
Apple, sultana & cinnamon tarte tatin with salted caramel ice cream and caramel sauce	
<b>Sticky toffee pudding</b>	<b>£8.85</b>
Served with salted caramel ice cream and toffee sauce	
<b>Ice cream Selection with strawberries and chocolate sauce</b>	<b>£8.85</b>
Choose between: Vanilla, Chocolate, Salted Caramel or Raspberry sorbet	

### BREAKFAST & LUNCH MENU 10am to 3pm daily

Choose a full breakfast and get a free hot drink between 10.00 - 15.00

<b>Full English breakfast</b>	<b>£14.85</b>
Two free range eggs, grilled Cumberland sausages, grilled bacon, grilled plum tomato, chestnut mushrooms, malted toast, hash browns and baked beans	
<b>Halal Full English breakfast</b>	<b>£17.00</b>
Two free range eggs, Halal sausages, turkey bacon, hash browns, grilled plum tomato, chestnut mushrooms, malted toast and baked beans	
<b>Full Vegetarian breakfast</b>	<b>£14.20</b>
Two free range eggs, grilled plum tomato, chestnut mushrooms, vegetarian sausages, avocado, malted toast, hash browns and baked beans	
<b>Scrambled eggs</b>	<b>£7.65</b>
Three free range scrambled eggs, chestnut mushrooms and malted toast	
<b>Mushroom omelette</b>	<b>£9.85</b>
Three eggs omelette with mushrooms, cheddar cheese, fries and mixed leaves	
<b>Bacon Bap</b>	<b>£5.50</b>
Grilled bacon in a brioche bap	
<b>Sausage bap</b>	<b>£7.65</b>
Grilled Cumberland sausages in a brioche bap	
<b>Bacon &amp; egg bap</b>	<b>£6.55</b>
Grilled bacon and fried egg in a brioche bap	
<b>Eggs Benedict</b>	<b>£10.45</b>
Grilled traditional English breakfast muffin, two poached eggs, slices of honey roast ham and Hollandaise sauce	
<b>Eggs Florentine</b>	<b>£9.80</b>
Grilled traditional English breakfast muffin, two poached eggs, baby spinach and Hollandaise sauce	
<b>Grilled Sourdough and Avocado</b>	<b>£9.35</b>
Toasted Sourdough bread with crushed avocado and two poached eggs	
<b>Shakshuka Eggs</b>	<b>£11.95</b>
Sautéed mixed peppers. Onions, garlic, tomatoes & hens eggs	
<b>Eggs Royale</b>	<b>£15.00</b>
Grilled traditional English breakfast muffin, salmon, two poached eggs & hollandaise sauce	



### SANDWICHES & WRAPS

10am to 3pm daily

<b>Beef Baguette</b>	<b>£14.95</b>	<b>Crispy Halloumi</b>	<b>£10.95</b>
Grilled seeded brown baguette with roast beef, cheese, aioli, avocado mayonnaise, lettuce, tomatoes & fries		Mixed leaves, sweet chilli sauce & fries	
<b>Bacon, Lettuce and Tomato</b>	<b>£10.75</b>	<b>Chicken, bacon &amp; avocado</b>	<b>£11.95</b>
Crispy bacon, lettuce, tomato, ketchup & fries		Chicken, bacon, crushed avocado mixed leaves & fries	
<b>Breaded fish fingers</b>	<b>£10.75</b>	<b>The Club</b>	<b>£14.95</b>
Three fish fingers, tartar sauce, lettuce & fries		Triple decker chicken sandwich, bacon, fried egg, tomato, garlic mayo, lettuce, white bread & fries	
<b>Tuna melted</b>	<b>£11.95</b>	<b>Brown seeded baguette &amp; Scottish smoked salmon</b>	<b>£16.95</b>
Tuna mayo, cheddar cheese & fries		Scottish smoked salmon, cream cheese, cucumber & fries	



### SHARING

<b>Garlic Chicken Goujons</b>	<b>£9.85</b> 10 pieces <b>£15.35</b> 14 pieces <b>£20.85</b>
Succulent chicken breast pane' in Japanese breadcrumbs	
<b>BBQ Chicken wings</b>	<b>£9.35</b>
Choose From: BBO or Spicy BBO	
<b>Grilled pitta bread &amp; hummus</b>	<b>£6.95</b>
Grilled pitta bread & toasted sesame seed hummus	
<b>Crispy homemade tri-colour nachos</b>	<b>£9.95</b>
Homemade nachos, with Mexican salsa, guacamole & sour cream	
Add chicken Tinga just for extra <b>£3</b>	
<b>Loaded Fries</b>	<b>£12.50</b>
Golden fries, topped with melted cheese, Texas chicken, garlic mayo, Pico de Gallo, jalapeños & lime.	
<b>Beef Loaded Fries</b>	<b>£13.50</b>
Golden fries, topped with melted cheese, avocado mayonnaise, Beef strips, garlic mayo, Pico de Gallo, jalapeños & lime.	
<b>Baked Feta Cheese</b>	<b>£12.95</b>
With marinated olives & grilled pitta bread	



### MAIN COURSES

<b>Grilled rib-eye Steak</b>	<b>£32.95</b>
Marinated rib-eye steak, served with chips, mixed salad, Spanish olives, cucumber & pico de gallo with peppercorn sauce	
<b>Spicy Jack Daniel's pork ribs</b>	<b>£18.65</b>
Marinated pork ribs with Jack Daniel's & Coca-cola smoky home-made BBQ sauce, grilled corn on the cob, chips and mixed leaves	
<b>The Castlebar 1/2 Jerk chicken</b>	<b>£17.95</b>
Served with Basmati rice, mixed leaves. Mango & avocado salsa.	
<b>Chicken Fajitas / Steak Fajita</b>	<b>£17.95 / £32</b>
Sizzling chicken or Beef, mixed spicy peppers & onions, wrap guacamole, sour cream, cheddar cheese & tomato salsa	
<b>Mexican Chicken Kebab</b>	<b>£18.65</b>
Spiced Mexican chicken kebab, grilled flat bread, with chipotle sauce, cucumber, avocado, olives, tomatoes, lettuce salad & chipotle sauce	
<b>Golden beer battered cod fillet</b>	<b>£19.75</b>
Chunky chips, mushy pea & tartare sauce	
<b>Seafood Linguine</b>	<b>£18.65</b>
Linguine pasta in a spicy tomato sauce with Prawns, calamari, clams and mussels	
<b>Falafel salad with grilled pitta bread</b>	<b>£14.85</b>
Diced vegetables, mixed leaves, Spanish Gordal olives, avocado & lemon dressing	
<b>The Castlebar chicken salad</b> <b>£15.35</b> / <b>Prawns and avocado</b> <b>£17</b>	
Grilled lemon and garlic chicken breast, bacon, with poached egg & mixed seeds Grilled Prawns and sliced avocado, with poached egg & mixed seeds	
<b>Stack Grilled Chicken &amp; Goat's Cheese</b>	<b>£17.00</b>
Grilled chicken breast with mixed peppers, goat's cheese, rocket & Italian pesto	

