Gluten Friendly Menu

<u>Lunch Specials served daily from 12pm – 2.30pm. Your waiter will advise.</u>

<u>Appetisers</u>	Chef's Soup of the Day (Check daily)	6.20			
	Caesar Salad (1,2,4,9,12,13) mixed salad of baby gem, Cajun chicken,				
	parmesan shavings & a creamy Caesar dressing				
	Oven Baked Goats Cheese (1,2,7,9,13) topped with a roast red pepper and sundried				
	tomato pesto, candied walnuts & cranberries with a balsamic syrup				
	Crispy Fried Chicken Wings (1,8,11,12,13)				
	tossed in our own hot sauce with sesame seeds, spring onion & blue cheese dip				
	Wings Platter for two people	15.60			
	Chilli Nacho Bowl (1,11,13) ور فر الله الله الله الله الله الله الله الل	0.20			
	chilli beef, topped with jalapenos, cheddar cheese, sour cream & guacamole with tortilla chips. Sharing Bowl	9.30 14.50			
	with tortina crips.	14.50			
	(* Denotes starters available as Main Course size at a cost of €18.70) V Denotes is or can be made suitable for vegetarians				
	PIZZAS ARE AVAILABLE FIRDAY-SUNDAY ONLY!!				
<u>Signature</u> Pizzas	12" Pepperoni Pizza (1) topped with pepperoni & mozzarella cheese	15.20			
	12" Meat Lovers Pizza (1,12) topped with pepperoni, Cajun chicken, bacon, bell peppers, red onion & mozzarella cheese				
	12" Gourmet Chicken Curry & Chip Pizza (1,9,11,12)				
	Topped with roast chicken and curry sauce	16.60			
	All main courses served with your choice of chips, baby boiled or gratin potatoes, except where rice is served.				
<u>Classic</u> <u>Sandwiches</u>	Riverbank Toasted Special (1,9,11,12,13) gluten free bread with our own home cooked ham, Wexford cheddar, tomato & onion served with chips	13.50 V			
	Riverbank Toasted Club Sandwich (1,2,9,12,13) filled with bacon, tomato, iceberg, chicken, egg mayonnaise, onion & Wexford cheddar served with chips	15.60			
From The Grill	Riverbank Beef Burger (1,2,8,9,12,13) 8oz beef patty, topped with crisp bacon, melting Wexford cheddar & a soft fried egg, served in a gluten free bun with iceberg, tomato, onion & our own burger sauce	18.70			
	6oz Sirloin Steak (1,2,9,13) served with sautéed mushrooms & onions, with a choice of sauces – creamy peppercorn sauce or garlic butter				
	10oz Sirloin Steak (1,11,13) cooked to your liking, served with sautéed mushrooms & onions, served with a choice of sauces – creamy peppercorn sauce or garlic butter				
	Slow Cooked Richie Doyles Pork Belly (1,2,9,11,13), served on a bed of champ mash with green beans and a rich cider jus				
	Riverbank Loaded 4oz Burger (1,2,9,11,12,13) topped with chilli beef, cheddar cheese, nachos & garlic mayo served in a gluten free bun with iceberg and red onion "Make it a Double"	15.95 17.95			

Other Main Course	Chicken Satay (1,2,4,9,1 Cajun Spiced chicken & served on steamed bash	chicken & mixed vegetables tossed in a Thai satay sauce				18.90
	Grilled Breakfast Chicke Topped with streaky bac with iceberg, tomato & k	on, fried egg & V		r, in a gluten free bun		18.70
	Thai Green Chicken and Finished with fresh chilli	-	• • · · · · · · ·	· · · ·	rackers	19.95V
	Mexican Style Beef Chil Mexican rice, chili beef, & tortilla chips 18.70	- · · · · · · · · · · · · · · · · · · ·		th sour cream, guacam	nole	
From the Ocean						
	Thai Green Seafood Cur Finished with fresh chilli	•		• • • • • • • • •	rackers	23.90
	Finished with fresh chilli & basil, served with steamed basmati rice & prawn crackers Pan Seared Salmon (1,4,9) served on bed of Wexford mussels, prawns, green beans & per in a shallot & dill cream sauce					
<u>Vegetarian</u>	Thai Green Vegetable C Finished with fresh chilli	• • • • • •	with steamed b	asmati rice & prawn cr	ackers	19.95V
	Grilled Halloumi & Mus with baby gem, red onic			erved in a gluten free b	un	22.90 V
Side Dishes	* chips* baby boiled potatoes * gratin potatoes * portion of vegetables * sautéed mushrooms * mixed salad bowl (mixed leaves, cherry tomatoes, peppers, olives) * boiled rice					
	* mixed salad bowl (mix	ed leaves, cherr	y tomatoes, pe	opers, olives) * boiled i		4.00
	·	*Garlic and Parr			rice All side orde	ers 4.20
	·	*Garlic and Parr	mesan Fries €5.	95 h Origin		ers 4.20
	* Coleslaw 3.00	*Garlic and Parr All o Our Fish is local	mesan Fries €5. our Beef is of Iris lly caught and su	95		ers 4.20
	·	*Garlic and Parr All c Our Fish is local mon Crumble (1	mesan Fries €5. Dur Beef is of Iris Ily caught and su ,2,7,9,13)	95 h Origin bject to availability		7.80
	* Coleslaw 3.00 Apple, Sultana & Cinnai	*Garlic and Parr All c Our Fish is local mon Crumble (1 erved hot with v ownie (1,2,7,9)	mesan Fries €5. our Beef is of Iris Ily caught and su ,2,7,9,13) vanilla ice-crear	95 h Origin bject to availability		
	* Coleslaw 3.00 Apple, Sultana & Cinnar topped with almonds, s Chocolate & Almond Br	*Garlic and Parr All o Our Fish is local mon Crumble (1 erved hot with o ownie (1,2,7,9) and salted cara ee Pudding (1,2,5	mesan Fries €5. Dur Beef is of Iris Ily caught and su ,2,7,9,13) vanilla ice-crear mel ice cream 9,13)	h Origin bject to availability n & crème anglaise		7.80 7.80
	* Coleslaw 3.00 Apple, Sultana & Cinnar topped with almonds, s Chocolate & Almond Br with butterscotch sauce Gluten Free Sticky Toffe	*Garlic and Parr All o Our Fish is local mon Crumble (1 erved hot with o ownie (1,2,7,9) and salted cara ee Pudding (1,2,6) aramel ice-crear	mesan Fries €5. Dur Beef is of Iris Ily caught and su ,2,7,9,13) vanilla ice-crear mel ice cream 9,13) m & butterscoto	h Origin bject to availability n & crème anglaise ch sauce	All side orde	7.80
	* Coleslaw 3.00 Apple, Sultana & Cinnar topped with almonds, so Chocolate & Almond Br with butterscotch sauce Gluten Free Sticky Toffe served hot with salted contains to the served with salted contains the served with salted contains to the served with salted contains the served with salted contain	*Garlic and Parr All of Our Fish is local mon Crumble (1 erved hot with v ownie (1,2,7,9) and salted cara ee Pudding (1,2,9) aramel ice-crear e-creams (1,2,9)	mesan Fries €5. our Beef is of Iris Ily caught and su ,2,7,9,13) vanilla ice-crear mel ice cream 9,13) m & butterscoto in meringue ba	h Origin bject to availability n & crème anglaise ch sauce asket with raspberry co	All side orde	7.80 7.80 7.80
	* Coleslaw 3.00 Apple, Sultana & Cinnar topped with almonds, so Chocolate & Almond Br with butterscotch sauce Gluten Free Sticky Toffe served hot with salted conserved hot with salted conserved by Selection of Wexford Ice	*Garlic and Parr All of Our Fish is local mon Crumble (1 erved hot with v ownie (1,2,7,9) and salted cara ee Pudding (1,2,9) aramel ice-crear e-creams (1,2,9) 2) With Whipped	mesan Fries €5. our Beef is of Iris Ily caught and su ,2,7,9,13) vanilla ice-crean mel ice cream 9,13) m & butterscoto in meringue ba d Cream & Wex	h Origin bject to availability n & crème anglaise ch sauce asket with raspberry co	All side orde	7.80 7.80 7.80 7.80
Beverages	* Coleslaw 3.00 Apple, Sultana & Cinnar topped with almonds, so Chocolate & Almond Br with butterscotch sauce Gluten Free Sticky Toffe served hot with salted conserved for Wexford Icon Gluten Free Scone (1,7,7). Riverbank Cheese Board Tea	*Garlic and Parr All of Our Fish is local mon Crumble (1 erved hot with v ownie (1,2,7,9) and salted cara ee Pudding (1,2,9) aramel ice-crear e-creams (1,2,9) 2) With Whipped d (1,2,7,13) with	mesan Fries €5. Dur Beef is of Iris Ily caught and su ,2,7,9,13) vanilla ice-crear mel ice cream 9,13) m & butterscoto in meringue ba d Cream & Wex homemade ch 3.10	h Origin bject to availability n & crème anglaise ch sauce asket with raspberry co ford Jam utney, & fruit Coffee (freshly groun	All side orde	7.80 7.80 7.80 7.80 4.70 12.50 3.70
Beverages	* Coleslaw 3.00 Apple, Sultana & Cinnar topped with almonds, so Chocolate & Almond Br with butterscotch sauce Gluten Free Sticky Toffe served hot with salted conserved for Selection of Wexford Icon Gluten Free Scone (1,7,7). Riverbank Cheese Board Tea Speciality Tea	*Garlic and Parr All of Our Fish is local mon Crumble (1 erved hot with v ownie (1,2,7,9) and salted cara ee Pudding (1,2,9) aramel ice-crear e-creams (1,2,9) 2) With Whipped d (1,2,7,13) with	mesan Fries €5. Dur Beef is of Iris Ily caught and su ,2,7,9,13) vanilla ice-cream mel ice cream 9,13) m & butterscoto in meringue ba d Cream & Wex homemade ch 3.10 3.90	h Origin bject to availability n & crème anglaise ch sauce asket with raspberry co ford Jam utney, & fruit Coffee (freshly groun Large Coffee	All side orde	7.80 7.80 7.80 7.80 4.70 12.50 3.70 4.20
Beverages	* Coleslaw 3.00 Apple, Sultana & Cinnar topped with almonds, so Chocolate & Almond Br with butterscotch sauce Gluten Free Sticky Toffe served hot with salted conserved hot with salted conserved for Gluten Free Scone (1,7,5). Riverbank Cheese Board Tea Speciality Tea Cappuccino /Flat White	*Garlic and Parr All of Our Fish is local mon Crumble (1 erved hot with v ownie (1,2,7,9) and salted cara ee Pudding (1,2,9) aramel ice-crear e-creams (1,2,9) 2) With Whipped d (1,2,7,13) with	mesan Fries €5. our Beef is of Iris Ily caught and su ,2,7,9,13) /anilla ice-cream mel ice cream 9,13) m & butterscote in meringue ba d Cream & Wex homemade ch 3.10 3.90 4.10	h Origin bject to availability n & crème anglaise ch sauce asket with raspberry co ford Jam utney, & fruit Coffee (freshly groun Large Coffee Latte	All side orde	7.80 7.80 7.80 7.80 4.70 12.50 3.70 4.20 4.10
Beverages	* Coleslaw 3.00 Apple, Sultana & Cinnar topped with almonds, so Chocolate & Almond Br with butterscotch sauce Gluten Free Sticky Toffe served hot with salted conserved for Selection of Wexford Icon Gluten Free Scone (1,7,7). Riverbank Cheese Board Tea Speciality Tea	*Garlic and Parr All of Our Fish is local mon Crumble (1 erved hot with v ownie (1,2,7,9) and salted cara ee Pudding (1,2,9) aramel ice-crear e-creams (1,2,9) 2) With Whipped d (1,2,7,13) with	mesan Fries €5. Dur Beef is of Iris Ily caught and su ,2,7,9,13) vanilla ice-cream mel ice cream 9,13) m & butterscoto in meringue ba d Cream & Wex homemade ch 3.10 3.90	h Origin bject to availability n & crème anglaise ch sauce asket with raspberry co ford Jam utney, & fruit Coffee (freshly groun Large Coffee Latte Espresso/Macchiato	All side orde	7.80 7.80 7.80 7.80 4.70 12.50 3.70 4.20 4.10 3.40
Beverages	* Coleslaw 3.00 Apple, Sultana & Cinnar topped with almonds, so Chocolate & Almond Br with butterscotch sauce Gluten Free Sticky Toffe served hot with salted conserved hot with salted conserved for Wexford Icon Gluten Free Scone (1,7,7). Riverbank Cheese Board Tea Speciality Tea Cappuccino /Flat White Hot Chocolate	*Garlic and Parr All of Our Fish is local mon Crumble (1 erved hot with v ownie (1,2,7,9) and salted cara ee Pudding (1,2,9) aramel ice-crear e-creams (1,2,9) 2) With Whipped d (1,2,7,13) with	mesan Fries €5. our Beef is of Iris Illy caught and su ,2,7,9,13) /anilla ice-crear mel ice cream 9,13) m & butterscoto in meringue ba d Cream & Wex homemade ch 3.10 3.90 4.10 4.40	h Origin bject to availability n & crème anglaise ch sauce asket with raspberry co ford Jam utney, & fruit Coffee (freshly groun Large Coffee Latte	All side orde	7.80 7.80 7.80 7.80 4.70 12.50 3.70 4.20 4.10
Beverages Wine List	* Coleslaw 3.00 Apple, Sultana & Cinnar topped with almonds, so Chocolate & Almond Br with butterscotch sauce Gluten Free Sticky Toffe served hot with salted conserved hot salted conserved hot with s	*Garlic and Parr All of Our Fish is local mon Crumble (1 erved hot with v ownie (1,2,7,9) and salted cara ee Pudding (1,2,9) aramel ice-crear e-creams (1,2,9) 2) With Whipped d (1,2,7,13) with	mesan Fries €5. Dur Beef is of Iris Ily caught and su ,2,7,9,13) vanilla ice-cream mel ice cream 9,13) m & butterscoto in meringue ba d Cream & Wex homemade ch 3.10 3.90 4.10 4.40 4.40 3.70	h Origin bject to availability n & crème anglaise ch sauce asket with raspberry co ford Jam utney, & fruit Coffee (freshly groun Large Coffee Latte Espresso/Macchiato Liquor Coffee/French	All side orde	7.80 7.80 7.80 7.80 4.70 12.50 3.70 4.20 4.10 3.40 7.80
Wine List	* Coleslaw 3.00 Apple, Sultana & Cinnar topped with almonds, so Chocolate & Almond Br with butterscotch sauce Gluten Free Sticky Toffe served hot with salted conserved hot with salted conserved for Gluten Free Scone (1,7,2). Riverbank Cheese Board Tea Speciality Tea Cappuccino /Flat White Hot Chocolate Mocha Double Espresso Full wine list available. Yellow to the conserved for the conse	*Garlic and Parr All of Our Fish is local mon Crumble (1 erved hot with v ownie (1,2,7,9) and salted caral ee Pudding (1,2,9) aramel ice-crear e-creams (1,2,9) 2) With Whipped d (1,2,7,13) with	mesan Fries €5. Dur Beef is of Iris Ily caught and su ,2,7,9,13) vanilla ice-cream mel ice cream 9,13) m & butterscoto in meringue ba d Cream & Wex homemade ch 3.10 3.90 4.10 4.40 4.40 3.70 assist you Ilergan informatic	h Origin bject to availability n & crème anglaise ch sauce asket with raspberry co ford Jam utney, & fruit Coffee (freshly groun Large Coffee Latte Espresso/Macchiato Liquor Coffee/French Irish Coffee	All side orde	7.80 7.80 7.80 7.80 4.70 12.50 3.70 4.20 4.10 3.40 7.80
	* Coleslaw 3.00 Apple, Sultana & Cinnar topped with almonds, so Chocolate & Almond Br with butterscotch sauce Gluten Free Sticky Toffe served hot with salted conserved hot salted conserved hot with s	*Garlic and Parr All of Our Fish is local mon Crumble (1 erved hot with vownie (1,2,7,9) and salted cara ee Pudding (1,2,9) aramel ice-crear e-creams (1,2,9) 2) With Whipped d (1,2,7,13) with	mesan Fries €5. Dur Beef is of Iris Illy caught and su ,2,7,9,13) /anilla ice-cream mel ice cream 9,13) m & butterscoto in meringue ba d Cream & Wex homemade ch 3.10 3.90 4.10 4.40 4.40 3.70 assist you	h Origin bject to availability n & crème anglaise ch sauce asket with raspberry co ford Jam utney, & fruit Coffee (freshly groun Large Coffee Latte Espresso/Macchiato Liquor Coffee/French Irish Coffee	All side orde	7.80 7.80 7.80 7.80 4.70 12.50 3.70 4.20 4.10 3.40 7.80

13. Sulphur Dioxide

14. Lupin