



All Day Light Bites



Soup of The Day €5.5

with house breads.
7,9,12

Atlantic Seafood Chowder €8

locally sourced fish & Shellfish. with house breads.
2,4,7,9

Marinated Olives €5

Sticky Cajun Chicken Wings €8.5

blue cheese dip.
1,6,7,10,12

Superfood Salad €9.3 Add Chicken | €2

organic locally sourced Garryhankard leaves, beetroot, apple, pomegranate, quinoa, roasted nuts.
8,11

West Cork Mussels €9

creamy white wine sauce.
1,7,4

Ardsallagh Goats Cheese Feuillette €10.5

warm Ardsallagh goats cheese, carmelised red onion & beetroot feuillette
1,3,7,10,11

Sandwiches



O Connells Smoked Salmon Sandwich €13.5

marinated prawns, marie rose sauce, locally sourced Garryhankard leaves.
1,3,4, 7

Honey Glazed Home Cooked Ham €10.5

honey glazed home cooked ham, Bandon vale cheddar, red onion on italian ciabatta bread, fries.
1,3,7

Chicken Caesar Wrap €10.5

garlic mayonnaise, iceberg lettuce, parmesan cheese, fries.
1,3,7

To Share



Seafood Medley €19.5

citrus marinated prawns & dressed crab, spicy floured calamari, marie rose sauce, tomato salsa, house breads & dips.
1,3,4,14

Innish Cheese Board €18

selection of four local cheeses, crackers, grapes, nuts, chutney, house breads.
1,7,8,12

Mains



West Cork Herb Crusted Seafood Pie €16.5

cod, haddock, salmon, smoked coley, roasted herb baby potatoes.
1,2,4,9,12. GF on request

Warm Chicken & Crispy Pancetta Salad €14

organic locally sourced Garryhankard leaves, croutons.
1,11,8

Innish 10 oz Beef Burger €15.5

smoked bacon, cheese, tomato, pickled gherkins, marie rose sauce, fries.
1,3,7

Traditional Beer Battered Fish & Chips €16.5

tartar sauce, side salad.
1,3,4,7

Stuffed Courgette & Ratatouille €14

ratatouille.
(v)

Sides



Sweet Potato Fries €4

Fries €4

Garryhankard Organic Green Salad €4

Roast Herb Baby Potatoes €4

Spring Onion Champ €4

Selection of House Breads €4

Something Sweet



Café Gourmond €8.5

espresso, chocolate fondant, lemon tart meringue, strawberry trifle.
1,3,7

Apple Walnut & Cinnamon Crumble €6.5

crème anglaise, vanilla ice-cream.
1,3,7

Innish Warm Chocolate Brownie €6.5

chocolate sauce, vanilla ice-cream.
1,3,7

Vanilla Pod Ice-Cream €6.5

butterscotch sauce.
3,7

Innish Eton Mess €6.5

crushed meringue, seasonal fruit, fresh cream.
3,7

Cheesecake of the Day €6.5

1,3,7

Allergens |

1. Gluten 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts 6. Soybeans
7. Milk 8. Nuts 9. Celery 10. Mustard 11. Sesame Seeds 12. Sulphur
Dioxide & Sulphites 13. Lupin 14. Molluscs