



All Day Light Bites



Soup of The Day €5.5

with house breads.
1,7,15,21

Atlantic Seafood Chowder €8

locally sourced fish & Shellfish. with house breads.
2,4,7,9,12,15

Sticky Cajun Chicken Wings €8.5

blue cheese dip.
3,6,7

West Cork Mussels Starter €9 | Mains w/ fries €15

creamy white wine sauce.
4,7,12,14

Deep Fried Brie €9.5

pan fried brie, pear & walnut salad, cranberry sauce.
1,3,7,15,16

Sandwiches



O Connells Smoked Salmon Open Sandwich €13.5

marinated prawns, marie rose sauce, locally sourced Garryhankard leaves on open homemade brown bread.
1,3,4,7,21

Slow Cooked Honey Mustard Ham Hock €14.5

8 hour slow cooked honey mustard ham hock, red onion marmalade, Bandon Vale cheese, warm crispy baguette and fries.
1,3,7,15,20

Chicken Caesar Wrap €10.5

garlic mayonnaise, iceberg lettuce, parmesan cheese, fries.
1,3,7,15

To Share



Seafood Medley €19.5

citrus marinated prawns & dressed crab, spicy floured calamari, marie rose sauce, tomato salsa, house breads & dips.
1,3,4,14,15

Ploughman's Board €18

smoked Gubeen cheese, Cashel Blue cheese. locally sourced cured meats, duck liver pate, tomato chutney, gherkins, sundried tomatoes, house breads.
1,7,8,15,16,17,18

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. Sulfur Dioxide & Sulphites 13. Lupin 14. Molluscs 15. Flour 16. Walnut 17. Sunflower Seeds 18. Almond Flakes 19. Wheat 20. Yeast 21. Oats

*Vegan Ice Cream available on request

Mains



West Cork Herb Crusted Seafood Pie €16.5

cod, haddock, salmon, smoked coley, roasted herb baby potatoes.
1,2,4,9,12,15,20. GF on request

Warm Winter Crispy Duck Salad €16

organic locally sourced Garryhankard leaves, beetroot, apple, pomegranate, walnut, honey & orange dressing.
16,17,18

Innish 8 oz Beef Burger €15.5

Innish 8oz beef burger, smoked bacon, Bandon vale cheese, tomato pickled gherkins, marie rose sauce, fries.
1,3,7,15

Traditional Beer Battered Fish & Chips €16.5

tartar sauce, side salad.
1,3,4,7,15,19

Vegan Smoky Black Bean & beetroot Burger €15

gherkins, homemade barbeque sauce, fries.
1,6,15 (v)

Sides



Sweet Potato Fries €4

Garryhankard Organic Green Salad €4 16,17,18

Roast Herb Baby Potatoes €4 7

Fries €4

Honey Roast Root Vegetables | carrots, parsnips, swedes €4 2,12

Something Sweet



Café Gourmond €8.5

espresso, chocolate fondant, lemon tart meringue, strawberry trifle.
1,3,7,15

Warm Apple Pie €6.5

freshly whipped cream.
1,3,7,15

Innish Warm Chocolate Brownie €6.5

chocolate sauce, vanilla ice-cream.
1,3,7,15 (GF)

Vanilla Pod Ice-Cream €6.5

butterscotch sauce.
3,7

Baked Alaska €6.5

sponge with salted caramel ice-cream & Italian meringue.
3,7 (GF)

Brioche Perdue €6.5

crème anglaise, vanilla ice cream.
1,3,7,15