

Lynch Meny

Wednesday to Saturday
12 noon to 3 pm (last orders)

EXAMPLE MENU

Allergen policy

If you are concerned about ingredients please let us know before you order and we will check with the Senior Chef.

Though we make every effort to prevent cross over of food allergen ingredients we cannot guarantee complete absence of traces of all food allergens.

Gratuity Policy

For parties over 6 people we add a **discretionary** 10% for gratuities on food only. Gratuities are shared by both front of house and kitchen staff.





Mixed nuts Wasabi peas and cashew nuts salted & roasted. 1.85p

Balsalmic cipolle onions Delicious Crunchy Baby Borettane onions

Roasted vegetable tart with a Mediterranean vegetable tartare, & Kookycook pesto on dressed leaves with balsamic glaze. 3.25

Teardrop peppers with Boilie goats cheese balls. 2.95

Whole baked goats cheese with a fig chutney. 4.95

Cup of soup - Jocelyne, a tomato based French onion soup served with a cheesy crouton or 'Soupe du jour'. 2.85

Donegal Smoked salmon with caper berries & a wedge of lemon 4.00

Selection of cured meats - chorizo superieur, saucisson sec & Serrano ham with cocktail onions & gherkins 4.00

Spicy prawn pot North Atlantic prawns tossed in our popular spicy cocktail sauce on dressed leaves 3.25

Cheese selection served with fig chutney.

Young buck A creamy smooth blue cheese from Newtownards, Co Down. 3.45

Tomme Brulee A semi hard cheese with a slight burnt aspect from the Basque region of France. 3.45

Boilie goats cheese from Co. Fermanagh, marinated with herbs & peppercorns in garlic infused oil. 2.50

Camembert de Normandie 'Bonchoix' soft and creamy 2.50

Gruyère Famous Swiss cheese, firm & with a nutty flavour. 2.85

Kearney blue A semi-hard cheese with an open texture and a distinctive rind from Portaferry, Co. Down. 3.45

Brie Known as "The Queen of Cheeses" it's soft and creamy. 3.25 the page

Example platters

No.1 Cured meats, Camembert, smoked salmon, gherkins, olives and rustic bread. 10.85

No.2 Love Olive chilli hummus. teardrop peppers with goats cheese, balsalmic cipolle onions, Kookycook pesto, olives, camembert, dressed leaves and rustic breads. 10.85



Soup, open & French toasted sandwiches over

Rustic breads to accompany (or by themselves)

If the Tasting Platter is your lunch you will probably want medium size breads. As a starter it would depend more on your selection and by themselves perhaps medium or large.

Rustic breads are served with unsalted Ballyrashane butter topped with smoked sea salt from North Antrim Smokehouse or 'Broighter Gold' rapeseed oil.

> **Small** 1.50 Medium 2.50 Large 3.50

Main dishes

Roast suprême of chicken

free range Irish, marinated in lavender and lemon and served with a light honeyed jus and your choice of side dish. 12.85

North Atlantic plaice

oven baked & presented with a chilli, lemon & herb butter & your choice of side dish. 11.85

Steak frites

Mature Irish sirloin steak (10oz.) with dressed leaves, French fries and garlic butter. 16.85 (or pepper sauce 1.25 supplement)

Spicy quinoa cassoylet

with red peppers, chickpeas, 'Passion Preserved' Kasundi relish & fresh mint served on chargrilled courgettes, topped with marinated artichokes. 13.85 GF V

With added Boilie goats cheese. (.95 supplement)

Bourguignon beef burger

Prime Irish beef mince marinated in red wine & Dijon mustard with herbs de Provence, served on a brioche bap with sauteed onions & mushrooms topped with melting Emmenthal cheese, gherkins, dressed rocket, and garlic mayonnaise and served with French fries. 10.85

Available GF with a seeded bun (.95 supplement)

Barbary duck breast

oven cooked & served pink with an orange and Cointreau jus. Served with your choice of side order. 15.85

Cajun French sea bass

with our house made spiced Cajun rub, oven baked, drizzled with 'Brioghter Gold' Thai oil and served with your choice of side dish. 13.85

Whole baked Camembert

Camembert de Norrmandie 'Bonchoix' baked with herb de Provence, and served with fig chutney and sourdough bread. 11.85



Side dishes

French fries, fresh and skin on. 2.85

Creamed puree potatoes 3.25

Potato bites fried, sea salted, with garlic butter. 2.85

Baby boiled Jersey Royals with herb butter. 2.85

Tarte flambée

One of the most famous specialities of the Alsace region of France with a base similar to the Italian pizza but thin, crispy and not normally round!

Served with seasonal coleslaw.



Traditional 9.85 with a crème fraîche topping, streaky bacon and sauté onions.

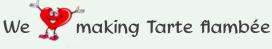
Forestière 10.85

As the 'Traditional' but with added mushrooms and Gruyère cheese.

Jeanette 11.85

with crème fraîche, saute onions, mushrooms, red pepper and sprinkled with Boilie goats cheese.





GF = Gluten free V = Vegan

Mediterranean Salad

with green leaves, tomato. olives, cucumber & feta cheese. 3.85

Tomato, red onion and garlic salad 3.25

Peas a là française

poached in stock with onion and lettuce and finished with cream. 3.25



Sandwiches Open top

On rustic bread with 'Sibell en Provence' crisps from our Gourmet Grocer shop.

Warm chicken melt

Chicken strips infused with Dijon mustard with melting French Brie, lemon juice, garlic & a touch of paprika with dressed leaves and a cranberry & port chutney. 9.85

Spicy prawn

Prawns tossed in our popular spicy cocktail sauce with dressed leaves and served on wheaten bread. 9.85

Mediterranean

'Love Olive' hummus, red pepper, tomato, cucumber & red onion and drizzled with balsalmic glaze. 9.65

Minute steak (40z sirloin) served on rustic bread with dressed leaves and a pepper mayonnaise. 10.85

Toasted

The traditional French café toasted sandwiches.



Croque Monsieur

with ham hock and Gruyére cheese topped with a creamy cheese sauce. 6.95

Croque Madame

The gender change is complete by adding a lightly fried egg. 7.35

Bowl of soup with rustic bread & butter.

Jocelyn soup

A tomato based French onion soup served with a cheesy croûton. 4.65

Soupe du jour

Always changing and always tasty. 4.65





Sticky toffee pudding 4.95 specially adapted for guests with intolerances. This gluten free, dairy & egg free pudding is a delicious take on a popular classic. **GF** *V* Add a scoop of Tickety Moo vanilla. (.95 supplement)

Crème brûlée 4.95

served with the perfect accompliment langue de chat 'cat tongue' delicate buttery cookies.

Macaron duo 4.95

Hand made French macarons, light as a feather and granished with fresh berries. GF

Petits fours 5.45

A changing selection of bite size delights.

Chocolate & hazelnut cake 4.55

flourless, made with ground hazelnuts and served with a'Tickety moo' Valrhona chocolate ice cream. GF

Tarte tatin 4.95

A traditional French apple dessert with toffee sauce and fresh cream.

Ice cream trio coupe 4.25

Tickety Moo Selection of honeycomb, strawberry & Valhrona chocolate with a chocolate sauce & wafers.

Croque banane 4.95

Toasted brioche with banana & a sweet creamy filling topped with a toffee sauce & served with vanilla ice-ceam.

Chocolate fondant 4.95

A moist chocolate pudding served with whipped cream.

Hazelnut sundae 4.95

Tickety Moo's take on Ferrero Rocher ice cream with a hot Nutella sauce & chopped hazel nuts.

Clementine, cranberry & almond 4.95 A moist flourless cake made with ground almonds drizzled with a hot Cointreau & orange sauce & served with fresh cream. GF

Cheese and Port wine

So you can choose precisely the cheeses you want portions and price are quite small.

Brie Soft and creamy and known as "The Queen of Cheeses." 3.25

Gruyère A famous Swiss cheese, firm & with a nutty flavour. 3.25

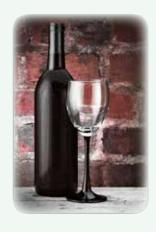
Young buck A creamy smooth blue cheese from Co. Down. 3.45 Tomme Brulee A semi hard cheese with a slight burnt aspect from the Basque region of France. 3.45

Boilie goats cheese from Fivemiletown, Co. Tyrone 2.50

Kearney blue A semi-hard cheese with an open texture and a distinctive rind from Portaferry. 3.45

Camembert de Normandie 'Bonchoix' soft and creamy 2.50

Served with 'Fydges' biscuits and fig chutney. Add pate de fruit & grapes (1.50 supplement)



Indulge yourself or share our

Fromage Platter

Your 3 favourite cheeses with a large rustic cracker wheel, pate de fruit, fig chutney and grapes. 9.85

Port wine

200 ml bottle Churchill's **Reserve** 13.95

35 ml glass Noval Fine Ruby 4.00 Late Bottled Vintage 4.45