

STARTERS

OYSTERS KILPATRICK

Freshly shucked rock oysters topped with crispy bacon and Worchester sauce, served on a bed of rock salt with lemon wedges

½ doz \$13.95

1 doz \$24.90

NATURAL OYSTERS

Freshly shucked rock oysters served on a bed of rock salt with lemon wedges

½ doz \$11.90

1 doz \$21.90

GUINNESS OYSTERS

Freshly shucked oysters in a crispy Guinness batter, served on a bed of rock salt with lemon wedges

½ doz \$14.90

1 doz \$25.90

SOUP OF THE DAY

Served with homemade Irish soda bread

\$8.00

FRESHLY BAKED IRISH SODA BREAD OR GARLIC BREAD

\$5.00

DINGLE PORT SEAFOOD CHOWDER

Fresh local seafood poached in a mouth-watering seafood veloute. Served with homemade Irish soda bread

\$11.90

ABBAY BLUE BREADED BRIE

Brie wedges crumbed and served with a sweet red onion jam and a garnish of mixed leaves

\$11.90

LIGHTLY CRUMBED CALAMARI

Freshly scored calamari tossed in salt n' pepper breadcrumbs, served with mixed leaves and a drizzle of lemon aioli

Entrée \$10.90

Main \$18.90

SHRIMP COCKTAIL

Cooked shrimp served on a bed of crisp leaves, and smothered in our homemade Marie-Rose sauce with tomato and lemon wedges

\$6.95

BULMER'S MUSSELS

Fresh local mussels poached in a bacon, apple cider and herb sauce with a hint of cream. Served with homemade Irish soda bread

Entrée \$11.90

Main \$19.90

MUNSTER'S MUSHROOMS

Mushrooms stuffed with a feta, semidried tomato and garlic filling, in a light tempura batter and served on a bed of mixed leaves and aioli sauce

\$10.90

THE FOUR PROVINCES SAMPLER DISH

Why not try a little bit of everything, including Black Pudding, Oysters Kilpatrick, Crumbed Calamari, Breaded Brie and Munster's Mushrooms

Per person \$12.90

Minimum of Two People

THE MART

THE GREEN ISLE SCOTCH FILLET	\$27.90
<i>300g of Scotch fillet on a bed of oven roasted kipfleur potatoes, wilted greens and surrounded by fresh mussels, scallops and tiger prawns in a mouth-watering Gaelic sauce</i>	
SLIGO'S STUFFED STEAK	\$26.90
<i>400g of Porterhouse stuffed with a bacon, mushroom and herb filling, then cooked to your liking and served with chunky chips, grilled tomato, crispy onion rings and a sauce of your choice</i>	
THE QUIET MAN SIZZLER	\$26.90
<i>300g of Rib-eye fillet cooked to your liking. Served on a sizzling platter on a bed of sautéed onions and mushrooms, a choice of sauce and either garlic potatoes, creamy mash or chips</i>	
PORT LAOISE PORTERHOUSE STEAK	\$24.90
<i>400g of prime Porterhouse steak cooked to your preference, served with chunky chips, chef's salad and a sauce of your choice</i>	
AN STEAK BEAG	\$17.90
<i>200g Porterhouse steak cooked to your preference, served with chunky chips, chef's salad and a sauce of your choice</i>	
QUIET MAN SIGNATURE SALAD	\$17.90
<i>Strips of marinated Porterhouse with potatoes, spring onion, rocket, semi dried tomatoes, red onion and mixed leaves. with a light drizzle of Dijon mustard, garlic dressing and a boiled egg</i>	
INISHMORE LAMB	\$23.90
<i>Marinated lamb back strap cooked to your liking and served with a caramelised onion mash, zucchini and carrot ribbons and a sweet port and peppercorn jus</i>	
LUIMNEACH LAMB SHANKS	\$23.90
<i>Slow braised Lamb shanks, served with creamy mash potato, seasonal vegetables and a rich red wine jus</i>	
BUNCRANNA'S BANGERS N' MASH	\$17.90
<i>Finest Irish pork sausages nestled on a bed of creamy mash potato, topped with a rasher of bacon and a rich tomato and onion gravy</i>	
BAGUN AGUS CAIBAISTE	\$18.90
<i>Bacon and cabbage cooked the traditional way, served with mash potato and topped with parsley sauce</i>	

OUT OF THE COOP

THE COUNTY'S CHICKEN PARMA \$18.90
*Crumbed chicken breast topped with shredded virginia ham, tomato salsa and melted mozzarella cheese.
Served with chunky chips and mixed house salad*

CILL DARA'S KIEV \$21.50
*Plump chicken breast stuffed with garlic butter and lightly crumbed. Served on a bed of oven-roasted
potatoes, seasonal greens and a drizzle of creamy garlic sauce*

JAMESON'S CHICKEN \$19.90
*Oven roasted chicken breast marinated in tarragon, Irish whiskey and mustard. Served with herb mash,
vegetable puree and a red wine jus*

CARRICKFERGUS CHICKEN \$19.90
*Panfried chicken breast pieces and bacon in a red wine, garlic and tomato sauce. Served with creamy
champ potato, buttered greens and crumbled feta cheese*

THE STEWING POTS

TRADITIONAL IRISH STEW \$17.90
*Tenderly stewed pieces of lamb infused with potatoes, celery, leek, onion and carrot to produce, in time, one
of Ireland's finest culinary dishes. The stew is then served in The Quiet Man's signature edible loaf*

BALBRIGGAN'S BROWN BEEF STEW \$17.90
*Tender pieces of beef, potatoes and seasonal vegetables stewed in a stout stock, and then served in The
Quiet Man's signature edible loaf*

DUBLIN'S BREWERY BEEF AND GUINNESS PIE \$17.90
*Tender pieces of beef, carrots, potatoes and other vegetables in one of Ireland's oldest recipes where flavours
are combined and cooked in Guinness stock, topped with creamy mash and a puff pastry lid. Served with
chunky chips and house salad*

OUT OF THE NETS

DUBLIN BAY FISH `N` CHIPS \$19.90
Fresh fish fillets in a crisp beer batter with homemade chunky chips, lemon wedges, sauce tartare and house salad

CONNEMARA SEAFOOD SKYSCRAPER

A variety of fresh chilled and cooked seafood stacked three tiers high, including rock oysters, mussels, tiger prawns, shrimp, crumbled calamari and chips. Served with a trio of dipping sauces and lemon wedges

Per person \$29.00
Minimum of Two People

BLACKWATER'S SALMON \$23.90
Pave of fresh Atlantic salmon, oven roasted and served on a bed of saffron infused potato, wilted baby spinach and a tomato and chive white wine sauce

SMOKED COD PIE \$19.90
Smoked cod pieces poached in a creamy sauce with garden peas and onion, topped with mash potato and served with seasonal vegetables

CHEFS GRILLED FISH OF THE DAY \$23.90
See our Specials Board for today's fish

OUT OF THE SOIL

BALLIMENA'S BAKE \$17.90
Scalloped potato, broccoli, leek and spinach in a creamy parmesan and white wine sauce, baked until golden brown and served with chef's salad

PADRAIG'S POTATO CAKES \$17.90
Potato and vegetable cake pan fried and served on a bed of wilted spinach with a chunky vegetable relish, crispy rocket and carrot crisps

SLIEVANORRA QUICHE \$17.90
Oven roasted vegetables in an egg and cheese mixture. Served with olives, feta cheese, tomato and cucumber tossed through mixed leaves

SIDE DISHES

CREAMY MASH POTATO	\$5.00
GARDEN VEGETABLES	\$5.00
THE QUIET MAN MIXED GREEN SALAD	\$5.00
CHAMP POTATO <i>Creamy mash infused with buttered scallions</i>	\$5.00
MUNSTER CHAMP <i>Diced bacon and scallions mixed into creamy mash potato</i>	\$6.00
COLCANNON MASH <i>Creamy mash and sautéed curly cabbage</i>	\$5.50
SPINACH MASH	\$5.50
CHUNKY CHIPS	\$6.00
WICKLOW WEDGES <i>Served with sour cream and sweet chilli sauce</i>	\$8.00
CARLINGFORD CURRY CHIPS <i>Chunky chips with a side of Irish curry sauce</i>	\$8.00

INDULGENCES

*Please ask our friendly staff about our selection of
Homemade Desserts, Irish Teas and Coffees*