

STARTERS

STARTERS

STARTERS

STARTERS

STARTERS

OYSTERS KILPATRICK

Freshly shucked rock oysters topped with crisp bacon and worchester sauce, served on a bed of rock salt with chunky lemon wedges

½ doz \$13.50

1 doz \$23.90

NATURAL OYSTERS

Freshly shucked rock oysters, nestled on a bed of rock salt with chunky lemon wedges

½ doz \$11.90

1 doz \$21.90

ATLANTIC OYSTERS

Freshly shucked rock oysters topped with a shallot and red wine vinaigrette

½ doz \$12.90

1 doz \$22.90

CLONAKILTY OYSTERS

Freshly shucked rock oysters, cooked in their juices with Irish whiskey, topped with a sauce of black pudding and apple then grilled with a layer of cheese

½ doz \$13.90

1 doz \$24.90

SOUP OF THE DAY

\$8.00

FRESHLY BAKED SODA BREAD OR GARLIC BREAD

\$5.00

LIGHTLY CRUMBED CALAMARI

Freshly scored calamari tossed in salt & pepper breadcrumbs, served with mixed salad leaves, sauce tartare, and lemon wedges

Entrée \$11.90

Main \$19.90

SCOTCH EGG

\$9.90

A unique Celtic recipe, where a boiled egg is engulfed with herb coated sausage meat and cooked until crisp. Served chilled with coleslaw and crunchy lettuce leaves with balsamic dressing

BURTONPORT POTTED CRAB

\$11.90

Terrine of blue swimmer crab, cooked in garlic ghee, served with crostini bread and a salad of mixed baby leaves with a dill and mustard dressing

THE FOUR PROVINCES SAMPLER DISH

Can't decide? Why not try a little taste of everything, including black pudding, crumbed calamari, oysters kilpatrick, scotch egg and garlic bread

Per person \$12.90

Minimum of Two People

THE MART

GAELIC KANGAROO \$24.90

(Ireland meets Aussie in this exciting new dish!)

The finest quality fillet of kangaroo nestled in warrigal greens upon a toasted focaccia wedge, accompanied with wild vegetables and topped with a delicious bush tamarillo and Gaelic sauce

THE QUIET MAN STACK \$25.90

Prime porterhouse steak and plump chicken breast topped with a sweet red onion marmalade and served with creamy mash potatoes

SCOTCH FILLET `DOOLIN STYLE` \$26.90

A huge 400gm scotch fillet steak with a tiger prawn, scallop and garlic sauce, nestled on kipfleur potatoes served with a side of fresh vegetables

PADRAIG'S PORK LOIN \$23.90

A juicy pork loin chop grilled and stacked on crushed seasoned baby potatoes, pickled red cabbage and topped with a rich garlic, thyme, and tomato onion gravy

LIAM MC CARTHY'S LAMB SHANKS \$21.90

Tenderly braised lamb shanks, with fresh garden vegetables, creamy mash and rosemary jus

PEADAR'S PORTERHOUSE STEAK \$24.90

Prime 400gm porterhouse steak, cooked to your preference with a sauce of your choice, served with chunky chips and mixed house salad

BUNCRANNA`S BANGERS `N` MASH \$17.90

Irish pork sausages nestled on mash potatoes topped with onion gravy

AN STEAK BEAG \$17.90

Prime 200gm porterhouse steak appealing to those with the smaller appetite, served with your choice of sauce, salad and crunchy chips.

BAGUN AGUS CAIBAISTE \$18.90

Bacon and cabbage cooked the traditional way, served with mash potatoes and topped with parsley sauce

OUT OF THE COOP

THE TRUE BLUE CHICKEN PARMA \$17.90

Crumbed chicken breast topped with virginia ham, tomato salsa, and mozzarella cheese. Served with chips and salad

THE CROSSMAGLEN CHICKEN BREAST \$19.90

Plump chicken breast coated in fine bread crumbs, with a bacon, mushroom and leek stuffing. Fresh garden vegetables and roast potatoes

THE LONGFORD LIME CHICKEN \$19.90

Chicken breast infused with lime then oven baked, served with mint baby potatoes, tangy pickled cucumber and topped with mint yoghurt sauce

THE STEWING POTS

TRADITIONAL IRISH STEW \$16.90

Tenderly stewed pieces of lamb, infused with potatoes, celery, leek, onion and carrots to produce in time, one of Irelands finest culinary dishes. The stew is then served in The Quiet Man's signature edible loaf

ST JAMES GATE BEEF `N` GUINNESS PIE \$16.90

One of the countries oldest recipes where we combine the flavours of chunky beef, carrots, potatoes and other vegetables in a Guinness stock and then top it all with creamy mash potatoes. Served with chips and salad

BALLY McELLIOTS BROWN BEEF STEW \$16.90

Tender pieces of beef, potatoes and garden vegetables infused in a stout stock, then served in the Quiet Man's signature loaf

OUT OF THE NETS

DUBLIN BAY FISH `N` CHIPS \$19.90

Freshly caught fish fillets in a crisp beer batter, with chunky chips, lemon wedges, sauce tartare and salad

CONNEMARA SEAFOOD SKYSCRAPER

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

Per person \$29.00
Minimum of Two People

BALLINA BAY SALMON \$21.90

Pave of Atlantic salmon served on roast kipfleur potatoes, wilted greens and topped with fresh local asparagus and a lemon beurre blanc

KILLYBEGS SMOKED HADDOCK CHOWDER \$20.90

The best import smoked haddock cooked with peas, leek celery and onion in a mouth watering seafood veloute served in the Quiet Man's edible cob loaf

OUT OF THE SOIL

THE MCCONVILLE VEGGIE BURGER \$19.90

6oz vegetable pattie, fried portabello mushroom stuffed with fetta crust and topped with onion jam, tomato and mayo all on a toasted sesame seed bun served with tempura onion rings and salad

A GNOCCHI AND VEGETABLE FOUR CHEESE BAKE \$17.90

Fresh gnocchi pasta and seasonal vegetables in a creamy cheese sauce, baked till golden brown and served with the Quiet Man's house salad

BOXTY PANCAKE \$16.90

Succulent potato pancake topped with a roasted vegetable ragu, tomato salsa and mozzarella cheese, served with semi dried tomatoes and mixed leaves with a balsamic dressing

SALADS

Quiet Man Signature Salad	\$17.90
Finest imported smoked haddock tossed through a mix of salad leaves with tomato, cured vegetables, baby potato, boiled egg & a light French dressing	
Wild Irish Smoked Salmon Stack	\$16.90
Fresh Atlantic salmon, warm oven roasted sweet potato, cucumber, a variety of mixed leaves presented in a stack with dill dressing, garnished with fried caper berries a wedge of lemon and sweet potato crisps	
Cork's Finest Caesar Salad	\$15.90
Cos lettuce leaves lightly coated in a caesar dressing with crispy bacon, crunchy croutons, poached egg and shavings of aged parmesan.	

SIDE DISHES

CREAMY MASH POTATOES	\$6.00
A SELECTION OF GARDEN VEGETABLES	\$6.00
THE QUIET MAN MIXED GREEN SALAD	\$6.00
CHAMP POTATOES <i>(Creamy mash potatoes infused with scallions/spring onions)</i>	\$6.50
MUNSTER CHAMP <i>(Creamy mash with bacon and spring onions)</i>	\$6.50
COLCANNON MASH <i>(Creamy mash potatoes and curly cabbage)</i>	\$6.50
SPINACH MASH <i>(Creamy mash potatoes infused with baby spinach)</i>	\$6.50
CHUNKY CHIPS	\$7.00
WICKLOW WEDGES <i>Served with sour cream and sweet chilli sauce</i>	\$8.00

INDULGENCES

*Please ask our friendly staff about the full range of
Desserts, Irish Teas and Coffees*