

**“Cead Mile Failte”**



*Allingham Arms  
Hotel*

**Bar Food Menu**

*Please take note of the list of Food Allergens below  
when ordering your meal.*

*These are numbered after each dish.*

*Should you have additional food allergies or concerns please  
inform your server before placing your order.*

*All our Food Ingredients are locally sourced where possible and  
our Beef, Lamb, Pork & Poultry are 100% of Irish Origin.*

*We hope you enjoy your meal.*

*Gluten(1), Crustaceans (2) Eggs (3), Fish (4), Peanuts (5),  
Soybeans (6), Milk (7), Nuts (8), Celery (9), Mustard (10)  
Sesame (11) Sulphites (12) Lupin (13) Molluscs (14)*

## Starters

Fresh Soup of the Day (1,7,9)	€5.00
Chefs Traditional Egg Mayonnaise (3,10)	€5.00
Traditional Prawn Salad with Marie Rose Sauce (2,3,10)	€8.00
Allingham Seafood Chowder (1,2,4,7,9,14) Served with Wheaten Bread	€7.00
Battered Goujons of Chicken (1,3,7) Served with a Leaf Salad & Sweet Chilli Dip	€7.50
Duo of Melon Fantail of Melon served with Fruit Coulis	€5.00
Golden Fried Mushroom Caps (1,3,7,10) Served with Garlic Mayonnaise	€6.00
Warm Goats Cheese & Tossed Salad with Basil Pesto (7)	€7.00
Allingham Combo for Two (1,3,7,10) Spicy Chicken Goujons, Duckling Spring Rolls & Garlic Mushroom Caps	€12.50

## Speciality Sandwiches

The Allingham Breakfast (1,3,11,12) Grilled Bacon, Sausage, Fried Egg, Beans, Tomato, Black & White Pudding served with Toast & Tea/Coffee	€12.00
Allingham Club Sandwich (1,6,10,11) Turkey Breast, Bacon, Lettuce & Tomato Toasted Triple Decker	€12.00
Chicken & Sweet Chilli Panini or Wrap (1) Sliced Chicken, Peppers, Red Onion & drizzled with Sweet Chilli Sauce	€9.00
Tuna, Cheese & Red Onion Wrap or Panini (1,7) Tuna, Cheddar Cheese & Red Onion in a Lightly Toasted Wrap or Panini	€9.00
Vegetarian Wrap or Panini (1,7) Goats Cheese, Red Onion, Tomato & Iceberg Lettuce	€9.00
Steak Baguette (1,6,7) Sliced Irish Steak, Sauté Onions, Mushrooms & Peppered Sauce	€14.00

All the above are served with one of the following –  
Chips, Spicy Wedges or Side Salad

## Grills & Main Courses

Steak Special (6,7) €18.00  
Chargrilled 8oz Irish Steak, Garlic Butter or Peppered Sauce

Chargrilled 6oz Irish Beef Burger (1,3,7,11) €13.50  
Any one of the following toppings – Pineapple, Bacon, Cheese or Spicy Salsa

Extra topping €1.00 per item

Mexican Spiced Vegetable Fajitas (1,7,9) €12.50  
Wok Fried Vegetables tossed in Texan Spices & wrapped in a Tortilla  
Add Chicken or Beef €3.00 extra

Beer Battered Haddock Goujons (1,3,4,7,10) €14.00  
Goujons of Haddock in a Light Beer Batter served with Tartar Sauce

Steamed Darne of Killybegs Salmon (4) €15.00  
Salmon served on a tossed Leaf Salad with Basil Oil

Omelette with a Choice of Two Fillings (3) €11.00  
Choose from: Ham, Mushroom, Tomato, Bacon or Cheese (7)

Southern Fried Chicken Strips (1,3,6,7,9) €14.00

All the above are served with one of the following –  
Spicy Wedges, Chips, Side Salad or Potatoes & Vegetables

Vegetable Curry (1,9,10) €12.00  
Sauté Vegetable & Fruit Curry served with Boiled Rice & Poppadum Basket

Add Chicken or Beef €3.00 extra

Mushroom Pasta (1,7) €12.50  
Tagliatelle of Pasta with Mushrooms in a light White Wine Cream Sauce

Add Chicken €3.00 extra

Chicken & Broccoli Penne Pasta (1,7) €15.00  
Stir-fry Chicken, Broccoli & Pasta Tossed in a White Wine Sauce  
Served with Parmesan Cheese

Vegetable Stroganoff (7,9) €12.00  
Vegetable Stir-fry Tossed in Paprika, flamed in Brandy Sauce  
Served with Boiled Rice

Add Chicken or Beef €3.00 extra

Chicken or Ham Salad (3,7,10) €14.00  
Roast Chicken or Baked Ham, Assorted Leaves & Salad with House Dressing

## Light Snacks

Baked Potato served with a choice of two fillings	€7.50
Open Prawn Sandwich (1,2,3,7,10) Prawns, Crisp Lettuce served on Wheaten Bread topped with Marie Rose Sauce	€9.50
Roast Chicken Wrap (1,7) Roast Chicken, Red Onion, Peppers & Tomato	€7.00
Chicken Caesar Salad (3,10) Chicken, Crispy Bacon, Croutons, Tossed Leaves drizzled with a Caesar Dressing	€11.00
Scrambled Eggs (1,3,7) Eggs Scrambled on Lightly Toasted Bread (Add Smoked Salmon (4) for €3.00 Extra)	€6.50

## Sandwiches

Traditional (Brown or White) (1,6)	€4.50
Toasted (1,6)	€5.00
Panini (1,3,6)	€6.00
Baps (Gluten Free) (3,7,13)	€6.00
Wraps (1)	€5.50

All sandwiches include one filling

Additional Fillings –

Meat Filling	€1.00
Salad Filling	€0.75c

**Sandwich Fillings Include –**

Turkey, Egg & Onion, Chicken, Ham, Tuna, Lettuce, Cheese, Salad, Cajun Chicken, Stuffing, Pineapple, Mozzarella, Bacon, Tomato, Sundried Tomatoes, Coleslaw, Peppers.

**\*\*Should you have a food allergy, please check with your Server on Sandwich Fillings\*\***

## Side Orders

Chips	€4.00	Onion Rings (1,3,7)	€5.00
Wedges	€4.00	Coleslaw (3,10)	€3.00
Side Salad (10)	€4.50	Potatoes & Vegetables	€5.00
Mushrooms	€3.00	Garlic Potatoes (7)	€5.50
Onions	€3.00	Beans (1,12)	€2.00

## Drinks

Tea	€2.00	Hot Chocolate	€3.50
Herbal Tea	€2.50	Glass of Milk	€1.00
Americano	€2.50	Homemade Scones, Butter	
Cappuccino	€3.00	& Jam (1,3,7)	€3.00
Latte	€3.00	Selection of Desserts (1,3,7,8)	€6.00

Gluten(1), Crustaceans (2) Eggs (3), Fish (4), Peanuts (5), Soybeans (6), Milk (7), Nuts (8), Celery (9), Mustard (10) Sesame (11) Sulphites (12) Lupin (13) Molluscs (14)