

JOHNNY FRANK'S

LUNCH MENU

Served 12 pm-5.00 pm



LITE BITES & SALAD

Cream of Vegetable Soup €8.50

Freshly Baked Bread & Butter (1,2,11-wheat,12)

Gluten-Free Bread Available

Meadowlands Seafood Chowder €11.95

Freshly Baked Bread & Butter (1,2,11-wheat,12)

Gluten-Free Bread Available

Dingle Bay Fishcakes €13.95

Lemon Panko Crumb, Homemade Pickled Cucumber, Tartare Sauce & Lemon (1,2,5,11-wheat)

Main Course with Chips & Salad €18.95

Classic Chicken Caesar Salad €17.50

Smoked Chicken, Cos Lettuce, Garlic Croutons with Parmesan Shavings (1,2,11-wheat,13)

Organic Dingle Goat's Cheese Focaccia €16.95

Tomato Focaccia, Roasted Vegetables, Dingle Goat's Cheese, Red Onion, Rocket, Pesto & Multi Seeds (2,7,11-wheat)

Add Spiced Chicken €19.95

MAIN COURSE

Roast Turkey & Local Ham €23.95

Herb Potato Stuffing, Cranberry Sauce, Red Wine Gravy (2,9)

Baked Fillet of Salmon €23.95

Chablis Cream Sauce (2,5,9)

Served with Seasonal Vegetables & Creamy Mashed Potato

Goujons of Haddock €21.95

Lemon & Black Pepper Crumb, Homemade Tartare Sauce, Salad & Chips (1,2,5,11-wheat, 13)

Baked Spinach & Ricotta Cannelloni

€18.50

Tomato Sauce, Mozzarella & Chips (2,11-wheat)

SPECIALTY SANDWICHES

Spiced Chicken Wrap €15.50

Spiced Chicken, Salad, Sriracha Mayonnaise
Served with Chips & Coleslaw (1,2,11-wheat,13)

Johnny Frank's Toasted Special €14.95

Home Cooked Ham, Cheddar Cheese, Red Onion & Tomato
Served with Chips & Coleslaw (1,2,11-wheat,13)

Italian Toasted Melt €15.95

Whiskey Salami & Milano, Pesto Mayonnaise
On Roman Sourdough & Salad

B.L.T. €15.50

Bacon, Cos Lettuce, Vine Tomato on Toasted Sourdough Baguette, Coleslaw & Chips (1,11-wheat, 13)

Open Brown Bread Smoked Salmon & Prawn €17.95

Caper, Lemon & Marie Rose Sauce (1,2,5,11-wheat,13)

Salmon Mayonnaise Roll €16.50

Crusty Baguette, Salmon, Mayonnaise, Cos Lettuce, Pickled Cucumber (1,2,5,11-wheat,13)

SIDES

Chips	€5.50
Potato Wedges (11-wheat)	€5.50
Side Salad (13)	€5.50
Onion Rings (11-wheat)	€5.50
Potato & Vegetables (2)	€5.50

Certified



Corporation

**This company meets high
standards of social and
environmental impact.**

Meadowlands Hotel is B Corp Certified,
Meeting the highest standards of social and environmental performance.

Our commitment to sustainability extends beyond our food, incorporating ethical practices throughout our business operations. We strive to make a positive impact on the community, the environment, and the world at large. We appreciate your support in our initiative.

Our chips are cooked in a dedicated fryer, so they are both gluten-free and vegan.

Menu items marked with a V are vegetarian and can be made vegan on request.
Vegan Cheese can be added to any dish as an extra.

Everything in our kitchen is cooked to order with fresh ingredients, so it is not always fast food!

We use seasonal, local, and sustainable produce as much as possible.
Some of our local suppliers include Terry's Butchers, Lee Strand, Clifford's and Lanes.

We are also lucky enough that our owner, Paddy O'Mathúna, owns a seafood company in Dingle, Iasc Uí Mhathúna, so we get our choice of fresh fish delivered to us every day.

Pre-orders are welcome for large groups or for those in a hurry.

Please note that for groups of more than six, we cannot
accommodate split bills.

Working together to transform the global economy
to benefit all people, communities, and the planet.

Gluten-free bread & Gluten Free Options available.

Allergen and Diet Guide Numbered Code:

1. Eggs 2. Milk 3. Shellfish 4. Molluscs 5. Fish 6. Peanuts 7. Sesame 8. Soy 9. Sulphur Dioxide 10. Nuts
11. Cereals contain Gluten. 12. Celery 13. Mustard 14. Lupin Fish Dishes may contain both. We
use various products on site & CANNOT 100% guarantee for extreme allergies