

# JOHNNY FRANK'S

## LUNCH MENU

Served 12pm-5.00pm

### LITE BITES & SALAD

#### **Homemade Soup of The Day** €7.95

Freshly Baked Bread (2,11 Wheat)

#### **Meadowlands Seafood Chowder** €10.50

Freshly Baked Bread (1,5,9,11 Wheat)

#### **Dingle Bay Fish Cakes** €12.50

Lemon and Cracked Black Pepper, Home-made Tartar Sauce & Lemon (1,2,5,11 Wheat,13)

#### **Main Course with Chips & Salad** €17.95

#### **Chicken Caesar Salad** €16.95

Grilled Chicken, Cos Lettuce, Crispy Bacon, Garlic Croutons, Parmesan Shavings (1,2,11 Wheat,13)

#### **Halloumi Salad** €14.95

Baby Spinach, Rocket, Salad Greens, Marinated Red Onion, Cauliflower Rice, Pomegranate, Fresh Herbs, Mixed Seeds & Balsamic Vinegar Dressing (2,7)

#### **Organic Dingle Goat's Cheese**

#### **Salad** €16.50

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

#### **Add Spiced Chicken** €18.95

### LUNCH MAIN COURSE

#### **Goujons Of Haddock** €21.50

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

#### **Chicken, Bacon & Mushroom Penne Pasta**

€17.95

In Creamy White wine Sauce, Parmesan Cheese, Garlic Bread (2,9,11 Wheat)

#### **Baked Spinach & Ricotta Cannelloni**

€18.50

Tomato Sauce, Mozzarella & Chips (2, 11 Wheat)



### SPECIALTY SANDWICHES

#### **Spiced Chicken Wrap** €14.95

Spiced Chicken, Salad, Siracha Mayonnaise, Chips & Coleslaw (1,2,11 Wheat,13)

#### **Toasted Special** €14.95

Tralee Ham, Cheddar Cheese, Red Onion & Tomato, Chips & Coleslaw (1,2,11 Wheat, 13)

#### **6oz Steak Sandwich** €21.50

Sauteed Onions & Mushrooms on Sourdough Baguette, Coleslaw & Chips, Pepper Sauce

#### **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** €16.95

Caper, Lemon & Marie Rose Sauce (1,2,3,5,11 Wheat,13)

#### **Salmon Mayonnaise Roll** €16.50

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

### SIDES

Chips €5.00

Potato Wedges (11 Wheat) €5.00

Side Salad (13) €5.00

Onions Rings (11 Wheat) €5.00

Potato & Vegetables (2) €5.00



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

Meadowlands Hotel is BCorp 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 initiatives.

Our chips are cooked in a dedicated fryer so 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 Iasc Uí Mhathúna, 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, 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 for groups over six we cannot accommodate split bills.

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