

JOHNNY FRANK'S LUNCH MENU

Served 12pm-5pm



Homemade Soup of the Day	€7.95	Flat Bread Pizza	€13.95
Freshly Baked Bread (1,2,11-Wheat)		Spicy Chicken	
		v Vegetarian Pizza	
Meadowlands Seafood Chowder	€10.95	Ham & Pineapple	
Freshly Baked Bread (1,5,9,11-Wheat)		Served with Garlic Aioli (1,2,11-Wheat,13)	
Chicken Caesar Salad	€15.95	6oz Steak Sandwich	€21.50
Smoked Chicken, Cos Lettuce,		Sautéed Onions & Mushrooms on	
Garlic Croutons, Parmesan		Sourdough Baguette, Coleslaw & Chips,	
Shavings (1,2,11-Wheat, 13)		Pepper Sauce (1,11-Wheat,13)	
v Health Bowl		Spiced Chicken Wrap	€14.95
Spinach, Rocket, Salad Greens, Red Onion,		Spiced Chicken Salad, Siracha Mayonnaise,	
Cauliflower Rice, Pomegranate, Fresh Herbs,		Chips & Coleslaw (1,2,11-Wheat 13)	
Mixed Seeds & Balsamic Vinegar Dressing		Toasted Special	€14.95
(1,2,7,13)		Tralee Ham, Cheddar Cheese, Red Onion	
Spiced Chicken & Ardfert Boiled Egg	€15.95	& Tomato, Chips & Coleslaw (1,2,11-Wheat, 13)	
Seasoned Tofu	€15.95	Italian Toasted Melt	€14.95
v Organic Dingle Goat's Cheese Focaccia	€16.50	Whiskey Salami & Milano, Brie,	
Tomato Focaccia, Roasted Vegetables,		Pesto Mayo On Roman Sourdough,	
Dingle Goat's Cheese, Red Onion, Rocket,		Salad & Coleslaw (1,2,11-Wheat,13)	
Pesto & Multi-Seeds (2,7,11-Wheat)		B.L.T.	€14.95
Add Spiced Chicken	€18.50	Bacon, Cos Lettuce, Vine Tomato	
Dingle Bay Fish Cakes	€12.95	on Toasted Sourdough Baguette,	
Lemon Panko Crumb, Homemade		Coleslaw & Chips (1,11-Wheat, 13)	
Pickled Cucumber, Tartare Sauce		Open Brown Bread	
& Lemon (1,2,5,11-Wheat, 13)		Smoked Salmon & Prawn	€16.95
Main Course with Chips & Salad	€16.95	Caper, Lemon & Marie Rose Sauce	
Goujons of Haddock	€18.95	(1,2,3,5,11-Wheat, 13)	
Lemon & Black Pepper Crumb,		Salmon Mayonnaise Roll	€16.50
Homemade Tartare Sauce, Chips & Salad		Crusty Baguette, Salmon, Mayonnaise,	
(1,2,5,11-Wheat, 13)		Cos Lettuce, Pickled Cucumber	
Chicken, Bacon & Mushroom		(1,2,5,11-Wheat, 13)	
Penne Pasta	€17.95	Chips	€5.00
Creamy White Wine Sauce, Parmesan		Potato Wedges (11 Wheat)	€5.00
Cheese, Garlic Bread (2,9,11-Wheat)		Sweet Potato Fries	€5.00
v Baked Spinach & Ricotta Cannelloni	€18.50	Side Salad (13)	€5.00
Tomato Sauce, Mozzarella		Onion Rings (11 Wheat)	€5.00
& Chips (2,11-Wheat)			

Certified



This company meets high standards of social and environmental impact.

Corporation

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.

We use seasonal, local, and sustainable produce as much as possible. Some of our local suppliers include Dingle Goat's Cheese, Tralee Meats, Terry's Butchers, Lee Strand, Clifford's, Ardfert Eggs, Follaín's and Lanes. We are also lucky enough that our owner, Paddy O'Mathúna, owns a seafood company, Iasc Uí Mhathuna, in Dingle, so we get our choice of fresh fish delivered to us every day.

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

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

Please note for groups over six we cannot accommodate split bills.

**Dishes marked V are vegetarian and some can be made vegan on request.
Vegan cheese is available.**

Gluten free alternatives are available for some dishes- please ask your server.

Allergen & Diet Guide Numbered Code: - Before you order food or drink, please speak to your server if you have a food allergen or food intolerance,

1. Eggs	3. Shellfish	5. Fish	7. Sesame	9. Sulphur Dioxide	11. Cereals with	12. Celery	14. Lupin
2. Milk	4. Molluscs	6. Peanuts	8. Soy	10. Nuts	Gluten	13. Mustard	

We use various produce on site & CANNOT 100% guarantee for extreme allergies. If you have any questions, please do not hesitate to ask your server.
Seafood dishes may contain small bones.

