

## Johnny Frank's Lunch Menu

### 12.30pm – 5pm

#### Light Bites

##### **Homemade Soup of The Day €5.95**

Freshly Baked Bread & Butter (2,1,11)  
(Gluten Free & Gf Bread Available)

##### **Meadowlands Seafood Chowder €7.50**

Freshly Baked Bread & Butter (2, 5,1,11)  
(Gluten Free & Gf Bread Available)

##### **Homemade Lemon & Cracked Black Pepper**

##### **Fishcakes €8.95**

Served With Mixed Leaves & Tartare Sauce (1,5,2,11)  
Main Course €12.95

#### Salad

##### **Halloumi Salad €12.95**

Marinated Grilled Halloumi, Baby Spinach, Salad Greens,  
Cauliflower Rice, Pomegranate, Fresh Herbs, Mixed  
Seeds, Balsamic Dressing (2)

##### **Caesar Salad €13.95**

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

##### **Prawn & Chorizo €14.95**

Warm Prawn & Chorizo, Rocket, Salad Greens, Cherry  
Tomato, Marinated Red Onion, Sherry Vinegar Dressing  
(3)

##### **Goujons Of Haddock €13.50**

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

#### Pasta

##### **Penne Pasta with Chicken, Bacon Lardons & Mushroom In a Creamy White Wine Sauce €14.95**

Topped with Parmesan Cheese & Garlic Bread (2,11)

##### **Baked Spinach & Ricotta Cannelloni €13.95**

Tomato Sauce & Mozzarella

#### Sides

Chips €3.50

Potato Wedges (11) €3.50

Side Salad (13) €3.50

Onions Rings (11) €3.50

Potato & Vegetables (2) €3.50

#### Speciality Sandwiches

##### **Spiced Chicken Wrap €10.95**

Spiced Chicken, Salad, Siracha Mayonnaise.  
Served with Chips & Coleslaw (1,11)

##### **Dingle Goat's Cheese & Roasted Vegetable**

##### **Toastie €9.95**

Bacús Sundried Tomato Bread, Roasted Vegetable, Dingle  
Goat's Cheese, Pesto & Multi-Seeds  
(2,7,10,11)

##### **Toasted Special €10.95**

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

##### **Steak Sandwich €15.95**

6oz Steak, Sautéed Onion & Mushrooms on Sourdough  
Baguette, Pepper Sauce, Salad & Fries (11)

##### **B.L.T. €11.95**

Bacon, Cos Lettuce, Vine Tomato on Toasted Sourdough  
Baguette. Served with Tomato Relish and Chips  
(1,10,11,13)

##### **Open Brown Bread Smoked Salmon & Prawn €13.00**

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

##### **Salmon Mayonnaise Roll €9.95**

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

All Dishes Served with Bread Are Also  
Available With Gluten Free Bread

#### Refreshments

Tea €2.50

Americano €3.20

Espresso €3.00

Cappuccino €3.50

Latte €3.50

Mocha €3.50

Flat White €3.50

Hot Chocolate €3.50

Herbal Tea €3.20

Macchiato €3.00

Chai Latte €3.50

Macha Latte €3.50

(Oat Milk, Soya Milk & Almond Milk available at .50c extra)

## VEGAN MENU

### **Loaded Nachos ...€7.50**

Served with Guacamole, Salsa, Jalapeño Peppers

### **Caramelised Onion, Walnut & Balsamic Bruschetta ...€7.50 (11)**

### **BBQ Pulled Portobello Sandwich ...€14.95 (11)**

Siracha Mayo, Red Onion, Crispy Cos Lettuce on a Crusty Baguette  
Served with Homemade Chips

### **Butternut Squash & Chickpea Thai Green Curry ...€14.95**

Served with White, Brown or Cauliflower Rice

### **Roasted Vegetables & Tomato Penne Pasta ...€13.95 (2) (11)**

With Basil Pesto Garlic Bread

### **Roasted Mixed Root Veg & Bean Burger ...€13.95 (11)**

Basil Mayo & Avocado Lime Sauce  
Served with Homemade Chips

*Our homemade chips are cooked in a dedicated fryer so are both gluten-free and vegan.  
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!

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

We use seasonal, local and sustainable produce as much as possible. Some of our local suppliers include Iasc Uí Mhathúna, Spa Seafoods, 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.

### **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 containing Gluten **12.** Celery **13.** Mustard **14.** Lupin

Gluten Free Bread & Gluten Free Options available.

We use various produce on site & CANNOT 100% guarantee for extreme allergies  
Before you order food or drink, please speak to your server if you  
have a food allergen or food intolerance.