

== *LEGENDS* ==



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## Specialty Sandwiches

McConnell's Irish Oak Smoked Salmon & Tiger Prawn  
Open Sandwich on Homemade Brown Bread  
with Marie Rose Sauce  
**€15.95**

"K" Club Sandwich – Sliced Breast of Irish Chicken,  
Crispy Newbridge Back Bacon, Mixed Salad leaves,  
Tomato slices & Mayonnaise on Toasted Bread  
**€17.95**

## Signature Salads

Classic Caesar- Romaine Lettuce, Pine nuts, Croutons,  
Pumpkin Seeds, Creamy Caesar Dressing **€12.50(v)**  
Bacon Bits **€14.50**  
Grilled Chicken Breast **€17.50**  
Grilled Tiger Prawns **€19.95**

Warm Chulchoill Tipperary Goats Cheese,  
Beetroot, Rocket Leaves, Walnuts  
**€13.95 (v) © (n)**

Parma Ham, Buffalo Mozzarella,  
Vine Tomato with Basil  
**€ 13.95 (v) ©**

## Training Salad options

Green Salad of Romaine Lettuce, Cucumber, Celery,  
Courgettes, Avocado, Parsley & Spinach with Pine Nuts,  
Olive Oil & Cider Vinegar (E)

Low Fat Option Add	High Fat Option Add
Chicken <b>€14.95</b>	Grilled Salmon <b>€19.95</b>
Tiger Prawn <b>€17.95</b>	Sirloin Steak <b>€29.95</b>
Fillet of Cod <b>€19.95</b>	

## Legends Entrées

Crisp Fried Atlantic Fish Cakes  
with Tomato & Chilli Jam **€12.95**

Spicy Louisiana style Irish Chicken Wings  
with Lime Yoghurt & Celery Sticks **€13.95 (g)**

Panfried Tiger Prawns  
with Roasted Chilli & Garlic **€19.95**

McConnell's Irish Oak Smoked Salmon  
with Lemon & Capers **€17.95**

"Smokies" McConnells  
Wild Atlantic Haddock **€15.95**

## Pizza

Margarita **€15.00**

Additional Toppings **€0.75ea**

Parma Ham  
Peppers  
Mushrooms  
Mozzarella  
Salami  
Parmesan

Onion  
Pineapple  
Rocket leaves  
Pepperoni  
Olives  
Tomato

Thin Crust Pizza with Pepperoni,  
Fresh Basil & Mozzarella **€16.00**

Thin Crust Pizza with Parma ham, Tomato, Rocket  
Leaves, Mozzarella & Parmesan Shavings **€16.00**

## Main Dishes

8oz Fillet of Beef with Shallot  
Compote, Chunky Chips,  
With Peppercorn & Cognac Cream,  
Harissa Butter or Garlic Butter  
**€39.95**

Irish 10 oz Sirloin Steak Homemade  
Onion Rings & French Fries,  
With Peppercorn & Cognac Cream,  
Harissa Butter or Garlic Butter  
**€ 29.95**

Breast of Free Range Irish Chicken with Tomato  
and Basil, Baby Spinach, Wild Mushroom Cream  
**€ 25.95**

Wicklow Lamb Shank Braised in Red Wine Jus  
with Creamy Mash  
**€ 19.95**

Roasted Fillet of Salmon with  
Grilled Mediterranean Vegetables,  
Aged Balsamic  
**€ 19.95 ©**

Linguini with Crispy Newbridge Bacon, Cherry  
Tomatoes, Basil Leaves & Red Pesto Cream  
**€17.50**

Crispy Wild Atlantic Fish in Beer Batter,  
Mushy Peas, French Fries, Tartare Sauce  
**€19.95**

Baby Back Irish Pork Ribs Marinated with Sticky  
BBQ Sauce & Coleslaw  
**€18.95 ©**

Chicken Fajitas – Tortilla wraps with Grilled  
Chicken, Onions, Peppers served with Salsa & Sour  
Cream  
**€19.95**

Traditional Irish Stew  
with Wicklow Mutton  
**€19.50**

Irish Beef Burger with Toasted Brioche Bun, Dijon  
Mustard, Relish, Tomato Slices & Salad  
**€18.50**  
With Cheddar or Cashel Blue Cheese,  
Fried Egg, Back Bacon  
**€0.50ea**

South Indian Style Curry & Irish Chicken Breast  
with Basmati Rice, Mango Chutney & Poppadom  
**€18.95**

## Sides: €4.95

- Garden Peas • French Fries • K style Colcannon Potato •  
Buttered Carrots • Homemade Onion Rings •
- Side Salad (n) Grilled Vine Tomato • Chunky Chips  
- Sauté Mushrooms • Cream Spinach

G - Denotes gluten free  
V - Denotes Vegetarian  
N - Contains nuts  
© - Celiac  
E - Educogym Recommendation

As a member of Good Food Ireland Executive Chef  
Finbarr Higgins supports the ethos to prioritize the core  
indigenous ingredients of Irish cuisine and promote  
local and artisan food producers