

MANNA'S
BALLINTEMPLE
— INN —

LUNCH
MENU

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Churchtown, Newcastle West, Co. Limerick. V42 DN22
Tel: (069) 78472 Email: stay@ballintempleinn.com

STARTERS

Chicken & Mushroom Vol au Vent (2, 7, 14) <i>Cooked in a white wine sauce & served in a puff pastry</i>	€5.75
Crispy Chicken Wings (1, 2, 13) <i>Served with a salad garnish and with a choice of either BBQ, sweet chilli or red-hot sauce</i>	€5.75
Mini Spring Rolls (1, 2, 4, 7) (v) <i>Served with a salad garnish and a side of sweet chilli sauce</i>	€5.75
Chicken Caser Salad (2, 4, 5, 7) <i>Tossed greens, croutons, bacon bits, caser dressing and parmesan cheese</i>	€6.50
Prawn Cocktail (3, 4, 7)	€6.50
Garlic Bread (2, 4, 7) (v)	€4.50
Garlic Bread with Cheese (2, 4, 7) (v) <i>Plain garlic bread or a choice of cheesy garlic bread</i>	€5.00
Homemade Soup of the Day (1, 2) <i>Served with soda bread</i>	€5.00

MAINS

Battered Fillet of Cod (2, 5, 14) <i>A Freshly battered fillet served with a side salad and chips.</i>	€11.00
Homemade Beef Lasagne (2, 4, 7) <i>Fresh lasagne cooked in house served with chips and side salad</i>	€11.00
buttermilk Chicken Fillet Burger (2, 4, 7) <i>Filled with lettuce, tomato, bacon, cheese, & Cajun mayo</i>	€11.50
Dingle Bay Breaded Scampi (2, 3, 5, 7) <i>With a side of chips and salad</i>	€11.95
Philly Steak Sandwich (2, 4, 7) <i>Tender strips of sirloin steak with melted cheddar and caramelised red onion</i>	€11.50

Chicken and Mushroom Vol au Vent (2, 7, 14) €11.00
Cooked in a white wine cream sauce and served in a puff pastry with a side of chips and salad

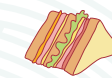
Main Goujons of Chicken (2, 4, 7) €11.00
Served with chips & salad and a side of sweet chilli

Specials of the Day

Please ask your server for more details

SANDWICHES WRAPS & PANINI'S

First choose your type:



Sandwich



Panini



Wrap

Then choose your filling:

BLT with chips & salad (2, 4)	€ 9.95
Chicken Stir Fry with chips & salad (2, 13)	€ 9.95
Chicken Ceaser with chips & salad (1, 2, 4, 5, 7, 9)	€ 9.50
Chicken Goujon (1, 2)	€ 9.95
Tuna Melt (2, 4, 5, 7) <i>With cheddar cheese & sweetcorn</i>	€ 9.50
Cajun Chicken (2, 4, 7)	€ 9.50
Create your own Sandwich	€ 9.50

Toasted Special with chips & salad (2, 4) € 9.50

Open Prawn Sandwich (2, 3, 5, 7) € 6.95
On brown soda bread with a Marie Rose Sauce

FOOD ALLERGENS

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|---------------------------------------|-----------------------------------|
| 1. Celery | 8. Molluscs (Mussel, Oysters etc) |
| 2. Cereal's – Gluten | 9. Mustard |
| 3. Crustaceans (Prawn, Lobster, Crab) | 10. Tree Nuts |
| 4. Eggs | 11. Peanuts |
| 5. Fish | 12. Sesame Seeds |
| 6. Lupin | 13. Soybeans |
| 7. Milk | 14. Sulphur Dioxide & Sulphites |

(v) Vegetarian option available.

(gf) Gluten free