

Lunch MENU

TO START

SOUP OF THE DAY **V** **AG** €6.45

Freshly made soup (6, 7, 9). Served with homemade brown bread topped with mixed seeds (1A, 7, 11, 12).

TOM'S SEAFOOD CHOWDER **AG** €8.95

Traditional creamy seafood chowder finished with a hint of fresh tarragon (1A, 2, 4, 7, 9, 14).

Served with homemade brown bread topped with mixed seeds (1A, 7, 11, 12).

ORGANIC FALAFEL **V** **AV** €7.95

Spiced falafel served with a Nordic flat bread and a beetroot salad and chickpea hummus (1A, 6, 7, 10, 12).

PULLED PORK FRITTER €7.95

Panko crumbed Irish pork and potato cakes served with garnish salad,

and Tom's whiskey BBQ sauce (1A, 1B, 1D, 3, 4, 6, 7, 9, 10, 12).

COD AND DILL FISHCAKE €8.95

Homemade cod fishcake served with Dijon tartare and garden salad (1A, 1B, 1D, 3, 4, 6, 7, 9, 10, 12).

SHERIDAN'S FAMOUS CHICKEN WINGS SMALL €10.45 | LARGE €15.45

Buffalo chicken wings tossed in a choice of our favourite sauces: **BBQ Sauce** (1A, 1B, 1D, 3, 4, 6, 7, 9, 10, 12) or

Louisiana Hot Sauce (1A, 1B, 1D, 3, 4, 6, 7, 9, 10, 12). Served with our house Cashel Blue cheese dip (7).

PAN-FRIED TIGER PRAWNS **AG** €10.95

Served with pepper and courgette, lemon sauce and Nordic flat bread (1A, 2, 6, 7, 9, 12).

V Vegetarian **VG** Vegan **GF** Gluten Free **AG** Available Gluten Free

All our beef is 100% Irish and we are Bord Bia approved.

ALLERGENS

Cereals containing Gluten: (1A) Wheat, (1B) Barley, (1C) Rye, (1D) Oats, (1E) Spelt; (2) Crustaceans; (3) Eggs; (4) Fish; (5) Peanuts; (6) Soybeans; (7) Milk / Dairy;

Nuts (Tree Nuts): (8A) Almond, (8B) Brazil Nut, (8C) Cashew, (8D) Pistachio, (8E) Pecan, (8F) Walnut, (8G) Hazelnut, (8H) Macadamia, (8J) Pine Nuts, (8K) Praline;

(9) Celery; (10) Mustard; (11) Sesame Seeds; (12) Sulphur Dioxide and Sulphites; (13) Lupin; (14) Molluscs

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SANDWICHES

GRILLED MEDITERRANEAN WRAP **V** €8.95

Mixed Mediterranean vegetables, chickpea hummus and mozzarella, served in a soft tortilla wrap (1A, 6, 7, 10, 12).

CHILLI CHICKEN WRAP €9.95

Sweet chilli and soy chicken with a mix julienne vegetables, mozzarella and crunchy lettuce, in a soft tortilla wrap (1A, 6, 7, 10, 12).

PULLED PORK FLAT BREAD €9.95

BBQ Irish pulled pork, Ballymaloe tomato relish, mozzarella, beef tomato and crunchy lettuce, served in a Nordic flat bread (1A, 6, 7, 9, 10, 12).

TOM'S CLUB SANDWICH €10.45

Triple-decker club sandwich with chicken, streaky bacon, tomato, lettuce and mayo. Choice of white or brown bread (1A, 3, 6, 10, 12).

MAKE A MEAL OF IT! Add **Maris Piper Fries** (6) or **Soup** (6, 7, 9) to your Sandwich for €3.00

SALADS

TOM'S POWER SALAD **GF** SMALL €7.95 | LARGE €10.95

Crunchy lettuce with Italian mixed olives, pickled beets, roast pimento peppers, flaked almonds and dressed in our house honey and mustard dressing (6, 8A, 10, 12).

PUMP IT UP! Add **Tandoori Chicken** (6) to your Salad for €3.50

HONEY GOATS' SALAD **GF** SMALL €9.95 | LARGE €13.95

Goat's cheese infused with sweet honey, with baby spinach, cranberry relish, candied walnuts, pears, sundried tomato and dressed in our house balsamic dressing (7, 8F, 12).

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MAINS

CREAMY CHICKEN PENNE €14.95

Succulent Irish chicken in a basil and pepper sauce with peppers, onions and leeks with freshly grated parmesan and served with our garlic sourdough bread (1A, 3, 6, 7, 9).

SHERIDAN'S HOUSE CURRY

Our house red curry with mixed vegetables and turmeric rice, served with sour cream.

VEGETABLE CURRY **GF** (4, 6, 7, 9, 10) €12.95

CHICKEN CURRY **GF** (4, 6, 7, 9, 10) €15.95

TIGER PRAWN CURRY **GF** (2, 4, 6, 7, 9, 10) €16.95

TOM'S SIGNATURE CHICKEN BURGER €15.95

Tandoori spiced butterflied Irish chicken fillet served on a sour dough sesame bun with Cajun mayo, Swiss cheese, crunchy lettuce and beef tomato. Served with Maris Piper fries and Tom's spicy Cajun slaw (1A, 3, 6, 7, 10, 11).

PRIME 8oz BEEF BURGER €15.95

Served on a sour dough sesame bun with Emmental cheese, streaky bacon, crunchy lettuce, beef tomato, sweet dill pickle and topped with Marie Rose burger sauce.

Served with Maris Piper fries and Tom's spicy Cajun slaw (1A, 3, 6, 7, 10, 11, 12).

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CHICKEN SUPREME **GF** €15.95

Supreme of Irish chicken in a red wine and herb sauce, with spicy chorizo, garlic baby potatoes and steamed mixed vegetables (6, 7, 9, 12).

TOM'S FISH AND CHIPS €17.95

Galway Gold IPA battered chunky pieces of cod, served with Maris Piper fries, mushy peas and tartare sauce (1A, 1B, 3, 4, 6, 10).

FEATHER BLADE OF BEEF **GF** €18.95

Slow cooked feather blade of prime beef served with garlic creamed potatoes, red wine jus and steamed vegetables (6, 7, 9, 12).

FILLET OF HAKE **GF** AND A GLASS OF WINE €21.95

Pan fried fillet of Hake with tomato and smoked paprika scented grilled vegetables, coriander olive tapenade and baby boiled potatoes (3, 4, 6, 7).

9oz RIB EYE STEAK **AG** €26.95

Prime aged rib eye steak, cooked to your liking. Served with homemade onion rings, balsamic sautéed mushrooms, Maris Piper fries and a brandy peppercorn sauce (1A, 1B, 3, 6, 7, 9, 12).

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SIDES

BEER BATTERED ONION RINGS **V** (1A, 1B, 1D, 3, 4, 6, 7, 9, 12) €4.45

CREAMED POTATOES **V** **GF** (7) €4.45

BABY BOILED POTATOES **V** **GF** €4.45

GARLIC BREAD **V** (1A, 6, 7) €4.45

GARLIC BREAD WITH CHEESE **V** (1A, 6, 7) €5.45

MARIS PIPER FRIES **V** (6) €4.45

MIXED SALAD **V** **GF** (6, 10, 12) €4.45

STEAMED VEGETABLES **V** **GF** €4.45

SWEET POTATO FRIES **V** (1A, 1B, 1D, 3, 4, 6, 7, 9, 12) €4.45

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