

BAR ONE

CADDEN'S

EVENING MENU



APPETISERS

Fresh Soup of the Day	5.50
With homemade Brown Bread (Without Brown Bread) (Gf Bread available) ●●●	
Flat Bread with Marinated Tomatoes	6.30
With Fresh Rocket & Basil Pesto ●	
Toonsbridge Halloumi Fritters	8.40
With Beetroot Hummus, Fresh Rocket, Lemon & Thyme Oil ●	
Homemade West Cork Duck Liver Pâté	8.90
With House Tomato Chutney & Toasted Sourdough	
Bar One Spicy Chicken Wings	S 7.80 L 13.00
With Hot Sauce & Blue Cheese Dip ●	

Grilled Black Tiger Prawns	8.40
In Chilli & Garlic Butter with Toasted Sourdough	
Muls' Indian Vegetable Samosa	8.40
With Raita Yoghurt & Chilli Sauce ●	
Homemade West Cork Duck Spring Rolls	8.40
With Sweet Chilli, Soy & Ginger Dip	
Chicken Caesar Salad	S 8.90 L 13.40
Grilled Cajun Chicken on a bed of Baby Gem Lettuce with Crispy Bacon, Croutons, Parmesan Shavings, Caesar Dressing & Basil Pesto (Without Croutons) ●	

Irish Cheese Board	12.50
With Westport Grove Quince & Honey	

Our Specials Board changes daily. Please ask your server for details.

MAINS

McHales Of Castlebar Grass Fed 10oz Sirloin Steak With Onion Rings, Air Dried Tomato, Balsamic Infused Portobello Mushroom Choice Of Champ Potato Or Twice Cooked Fries Choice Of Garlic Butter Or Peppercorn Sauce	26.50
(Gf Without Onion Rings) ●	
Add Black Tiger Prawns	4.20
Irish Cornfed Chicken	19.95
With Sage & Onion Stuffing, Green Beans, Honey Roasted Baby Vegetables, Champ Potato & House Gravy	
Pan Fried Madden's of Achill Monkfish	22.50
In Creamy Romesco Sauce with Stem Broccoli, Sautéed Spinach & Baby Potatoes ●	
McHales Of Castlebar Slow Cooked Lamb Shank	21.00
With Crispy Kale, Honey Glazed Carrots, Champ & Red Wine Jus	
Grilled Tiger Prawns in Chilli & Garlic Butter	16.60
On Joe's Organic Leaves with Garden Peas, Pickled Red Onion, Roasted Cashew Nuts, Mint, Coriander & House Dressing, served with Baby Potatoes ●	
Beer Battered Hake	16.60
With Crushed Peas, Twice Cooked Fries & Homemade Tartare Sauce	
Muls' Fragrant South Indian Chicken Curry	16.70
Freshly Ground Spices, Tomatoes, Coconut Milk, Courgette, Onions, Peppers with fresh Coriander & Basmati Rice ●	
Kaju Vegetarian Curry	16.50
Muls' Rich Cashew Paste with Caramelised Onions, Tomatoes, Chickpeas, Roast Peppers, Carrots, Cauliflower, Green Beans, Garden Peas & Coconut Milk with fresh Coriander & Basmati Rice ●●●	
Add Chicken 2.80 Add Prawns 4.20	
Butternut Squash & Aran Islands Goats Cheese Gnocchi ...	15.95
With Pan Roasted Squash, Squash Purée & Crispy Kale ●	

HOMEMADE PIZZAS

12" Thin Crisp Base

Gluten Free Bases Available	Supplement 2.70
Margherita	12.50
Tomato Sauce, Toonsbridge Mozzarella & Basil ●	
Puck Fair	15.95
Aran Islands Goat's Cheese, Red Onion Marmalade & Baby Spinach ●	
Kelly's Meat Feast	16.50
Kellys Of Newport Meatball, Chorizo, Black & White Pudding	
Iberian	15.95
Chorizo, Peppers, Kalamata Olives & Rocket Leaves	
The Islander	15.95
Aran Island Feta Cheese, Black Olives, Sundried Tomato, Baby Spinach & Peppers ●	
Greenway	15.95
Dozio's of Mayo Cheese, Kelly's Of Newport Pork & Leek Sausages, Free Range Egg & Fresh Thyme	
Made In Mayo	15.95
Kelly's Of Newport Black Pudding, Red Onion Marmalade & Dozio's of Mayo Cheese	
Hawaiian	15.95
Ketterick's of Castlebar Ham & Pineapple	
The Vegan	15.95
Vegan Style Feta, Mozzarella, Roast Peppers, Garlic & Olives ●	
Make Your Own	15.95
Margherita as Base and choose any of the following toppings:	
Vegetable Toppings - Pineapple, Mushrooms, Black Olives, Red Onion, Peppers, Sweet Corn, Tomato, Jalapeño Peppers, Parmesan Cheese, Cashel Blue Cheese, Dozio's of Mayo Cheese, Aran Islands Goat's Cheese, Rocket Leaves, Sundried Tomatoes 1.30 Per Topping	
Meat Toppings - Chicken, Crispy Bacon, 'Kelly's Of Newport' Black Pudding, 'Kelly's Of Newport' Pork & Leek Sausage, Cajun Chicken, Ham, 'Kelly's Of Newport' Meatballs, Pepperoni 1.80 Per Topping	

GOURMET BURGERS

Our Gourmet Burgers come in a Brioche Bun & are served with Onion Rings, Ruby Coleslaw, Twice Cooked Fries & House Ketchup.

Bar One Classic	16.50
Carolan's 8oz Beef Burger, topped with Dozio's of Mayo Cheese, Bacon & Sweet Chilli Mayonnaise	
Smokey Burger	15.95
Carolan's 8 oz Beef Burger topped with Oak Smoked Gubbeen Cheese & House Ketchup	

Goats Cheese Burger	16.50
Carolan's 8oz Beef Burger topped with Aran Islands Goats Cheese & Red Onion Marmalade	
Falafel & Spinach Vegan Burger	15.00
Topped with Beetroot Hummus, Cucumber Raita on a Seeded Bun with House Ketchup & Twice Cooked Fries ●●	

SIDE DISHES

Bucket Of Twice Cooked Fries.....	3.20
Onion Rings	3.20
Balsamic Infused Portobello Mushroom	3.00

Joe's Organic Leaves	
With Confit Tomato & Toasted Seeds	4.00
Homemade Ruby Slaw	2.00

Mashed Potatoes.....	3.00
Baby Potatoes	2.80
Garlic Bread.....	4.20

● Dish Does Not Contain Gluten ● Vegetarian ● Vegan Friendly Many of our dishes are coeliac friendly. Please let your server know if you have any allergies or dietary requirements.

Please note All 14 allergens are openly used throughout our kitchen. Trace amounts may be present at all stages of cooking. The food allergens used in the preparation of our food can be viewed on a separate menu. Please ask us if you would like to view this menu or if you need additional information on our food allergens.