

Starters

Soup of the Day (1, 7, 9)

A seasonal homemade soup served with homemade brown bread — **6.5**

Crispy Poached Egg (1, 3, 12)

A golden poached egg with a duo of black & white pudding, bacon crisp, & wholegrain mayo — **9**

Crab & Cod Fish Cakes (1, 2, 3, 4)

Crab & cod fish cakes served with pickled cucumber, Ballymaloe mayo, & a fresh tomato salsa — **11.5**

Wild Atlantic Chowder (1, 2, 4, 7, 9)

Coastal seafood chowder in a white wine cream, served with homemade brown bread — **9**

Caesar Salad (1, 3, 7)

Cos lettuce tossed with bacon lardons, crunchy croutons, & creamy garlic dressing. — **8.5** **Add chicken for 3**

BBQ Baby Pork Ribs (3, 9, 11)

Tender baby pork ribs glazed in smoky BBQ sauce, served with apple & celeriac coleslaw & sesame seeds — **10.9**

In House Smoked Salmon (3, 7)

Delicately smoked in-house, served with pickled vegetables, a touch of wasabi mayo & beetroot crisp — **12**

Chicken Wings (3, 9)

A choice of *hot & spicy* or *sweet & sticky* with blue cheese dip & celery sticks — **9.9**

Mussels (2, 7)

Fresh mussels cooked in a rich white wine cream sauce, served with warm soda bread for dipping — **11.5**

Goats Cheese & Red Onion Tartlet (1, 3, 7)

Goats cheese & caramelised red onion tartlet with Ballymaloe relish, basil pesto & rocket salad — **10.5**

Main dishes

Slow Roasted Pork Belly (7)

Slow-roasted pork belly with crisp crackling, creamy mash, garlic greens & apple chutney — **19**

Pan Fried Salmon (4, 7)

Wilted Summer greens, cherry tomato salsa, buttered baby potatoes & lemon cream — **24**

Seafood Linguine (1, 2, 3, 4, 7, 9)

Linguine with salmon, prawns & mussels in a white wine cream, served with garlic ciabatta — **22**

Steak Special (ask for allergens)

Prime cut steak selected by our butcher, cooked to your liking — **From 32**

Make it a Surf & Turf with sautéed prawns for 5.50

Classic Burger (1, 7, 12)

A 6oz beef burger with red onion, applewood-smoked cheese & an onion ring in a toasted bun — **19** **Add bacon for 1**

Tempura Fish & Chips (1, 3, 4)

Fresh cod in a light tempura batter, chips, pea purée, lemon & tartar sauce — **21**

Pan Seared Chicken Supreme (7)

Served with champ potato, honey roast vegetables & thyme gravy — **22**

Frog's Authentic Indian Curry (1, 7)

A fragrant & flavourful Indian curry served with basmati rice & a crisp poppadom — **17** **Add chicken for 4.50 or prawns for 5.50**

Vegan / Vegetarian Dish Of The Day (ask for allergens)

Please ask your server about vegan options — **From 17**

Steak Ciabatta (1, 7)

6oz striploin on toasted ciabatta with sautéed onions, mushrooms, fries, onion rings & pepper sauce — **22**

Buttermilk Chicken Burger (1, 3, 7)

Crispy Buttermilk chicken with baby gem, tomato, house relish & an onion ring in a toasted bun — **18** **Add bacon for 1**

On the side All Sides 4.5 each

Baby Potatoes (7) | Onion Rings (1) | Corn on the Cob (7)
Seasonal Salad (9, 10) | Champ Potato (7) | Chips

Enjoy our sharing platter for two (1, 3, 7, 9, 11)

Perfect for sharing, this platter includes **chicken wings** (*hot & spicy* or *sweet & sticky*), **BBQ baby pork ribs**, and **loaded nachos**, served with a selection of dips — **32.5**

Desserts

Homemade Lemon Curd (1, 3, 7)

Tangy homemade lemon curd served with buttery shortbread biscuits & fresh whipped cream — **8.5**

Toffee Apple Pudding (1, 3, 7)

Warm toffee apple pudding served with vanilla ice cream & finished with rich toffee sauce — **8.5**

Rhubarb & Ginger Bread Crumble (1, 3, 7)

A buttery tartlet filled with rhubarb & spiced gingerbread crumble, served warm with smooth vanilla custard — **8.5**

Double Chocolate Mousse Cup (1, 3, 7)

A rich & indulgent double chocolate mousse with a vibrant berry compote & vanilla ice-cream — **8.5**

Homemade Strawberry Pavlova (1, 3, 7)

A light homemade pavlova topped with fresh strawberries, strawberry ice cream, finished with a sweet strawberry coulis — **8.5**

Selection of Ice-Cream (1, 3, 7)

A trio of ice cream served in a crisp wafer basket with fruit coulis — **7.5**

Allergens

1: Cereal | **2:** Crustaceans | **3:** Egg | **4:** Fish | **5:** Peanuts | **6:** Soy | **7:** Dairy | **8:** Nuts | **9:** Celery | **10:** Mustard | **11:** Sesame | **12:** Sulphur Dioxide | **13:** Lupin | **14:** Molluscs
We will always do our best to accommodate dietary requirements, including **gluten free** options—please inform your server of any allergies or specific needs. Allergens are handled in our kitchen; cross-contamination may occur. Menus are seasonal and subject to change and availability. We may substitute products of equal quality where necessary.