

TO START

TWO COURSE €36 | THREE COURSE €42

BEETROOT & GOAT'S CHEESE ARANCINI SALAD

ANNIE'S FARMED ORGANIC GREENS | HEIRLOOM TOMATOES |
BASIL PESTO | AGED BALSAMIC DRIZZLE | PARMESAN CRISP

1 . 2 . 5 . 7

CHARGRILLED CHICKEN WINGS

SWEET CHILLI & HONEY GLAZED | ANNIE'S ORGANIC GREEN
SALAD LEAVES

7 . 8

SEASONAL SOUP OF THE DAY

SERVED WITH HOMEMADE BREAD

1 . 5 . 7 . 8

POTTED TAMARIND KING PRAWNS

KING PRAWNS | GARLIC & CHILLI TAMARIND BUTTER | CORRIANDER
& LEMON ZEST | ROCKET LEAVES | CRISPY SOURDOUGH BREAD

3 . 4 . 5 . 7

HOMEMADE BREAD SERVICE

BREAD FOR TWO SHARING - €4.20

BREAD FOR FOUR SHARING - €5.50

ALLERGENS

**1. MILK 2. EGGS 3. FISH 4. SHELLFISH 5. TREE NUTS 6. PEANUTS
7. WHEAT/GLUTEN 8. SOYA**

CASTLE STREET
CAHIR, CO. TIPPERARY
+353 52 7445359

WWW.LAVAROCKRESTAURANT.COM

MAIN COURSE

100% IRISH CHARGRILLED RIB-EYE - €5 supp

10OZ SERVED WITH HOME-CUT CHUNKY FRIES | CRISPY ONIONS |
PORTOBELLO MUSHROOM | CHOICE OF PEPPERCORN SAUCE OR
ROAST GARLIC BUTTER

7 . 8

100% IRISH CHARGRILLED STRIPLOIN - €4 supp

10OZ SERVED WITH HOME-CUT CHUNKY FIRES | HONEY ROASTED
SEASONAL VEGETABLES | CHOICE OF PEPPERCORN SAUCE | OR
ROAST GARLIC BUTTER

1 . 8

MARKET FISH OF THE DAY

SERVED WITH RAINBOW BABY CARROTS & BUTTERED GREENS |
PANFRIED FENNEL POTATO GNOCCHI | LEMON & SAFFRON
VELOUTE

1 . 2 . 3 . 7

ROAST CHICKEN SUPREME

LIGHT CAJUN SEASONING | PANFRIED GARLIC & THYME POTATO
ROSTI | HONEY ROAST VEGETABLES | CHICKEN CRUMB | SMOKED
PAPRIKA JUS

1 . 2 . 7 . 8

BARBARY DUCK BREAST

CREAMY LENTILS | SWEET ONION PUREE | BUTTERED KALE |
SMOKED DUCK AND MUSHROOM TARTLET | POTATO CRISP | JUS

1 . 2 . 7 . 8

VEGETARIAN LENTIL MEATBALLS

FRUITY COUS-COUS | NORTH AFRICAN SPICED TAGINE SAUCE |
TOASTED PINE-NUTS | HERB GARLIC OIL

7 . 8

ALLERGENS

1. MILK 2. EGGS 3. FISH 4. SHELLFISH 5. TREE NUTS 6. PEANUTS
7. WHEAT/GLUTEN 8. SOYA

SIDE DISHES

HOMECUT CHUNKY FRIES	€3.50
HONEY ROASTED SEASONAL VEGETABLES	€3.95
PAN FRIED MUSHROOM & ONION.	€3.95
BAKED POTATO MASH	€3.50

BEVERAGES | MINERALS

BOTTLED MINERALS	€2.90
COCA-COLA COKE ZERO SPRITE FANTA	
MINERAL WATER	€3.20
ELDERFLOWER TONIC WATER (200ML)	€2.90
HEINEKEN 0.0%	€3.90
ORANGE JUICE APPLE JUICE	€3.00
AMERICANO DECAFF AMERICANO	€3.00
CAPPUCINO	€3.20
LATTE	€3.50
ESPRESSO	€2.50
DOUBLE ESPRESSO	€2.80
TEA	€2.50
INFUSION TEA	€2.95

EARL GREY & BLUE FLOWER | PEPPERMINT | GREEN TEA SENCHA |
LEMONGRASS & GINGER | RED BERRY

DESSERT

CHOCOLATE FONDANT

COCOA NIB TUILLE | WHITE CHOCOLATE ICE CREAM | ORANGE CURD

1. 2. 5. 6. 7

BAKED CREME FRAICHE

RASPBERRY TART | RASPBERRY HIBISCUS SORBET | ROSE FOAM

1. 2. 5. 6. 7

PASSIONFRUIT ORANGE JELLY

GREEK YOGURT VANILLA MOUSSE | MARINATED STRAWBERRIES | CALAMANSI SORBET

1. 2. 5. 6. 7

LEMON VERBENA CUSTARD

LEMON DRIZZLE CAKE | POACHED CINNAMON PEACH | PEACH SORBET

1. 2. 5. 6. 7

TWO COURSE €36 | THREE COURSE €42

ALLERGENS

**1. MILK 2. EGGS 3. FISH 4. SHELLFISH 5. TREE NUTS 6. PEANUTS
7. WHEAT/GLUTEN 8. SOYA**

CASTLE STREET
CAHIR, CO. TIPPERARY
+353 52 7445359

WWW.LAVAROCKRESTAURANT.COM