

# GOUGANE BARRA HOTEL

## LUNCH MENU

monday - saturday 13:00 - 14:30



### STARTERS / LIGHT LUNCH

Clonakilty Black Pudding, smoked & cured Gubbeen bacon,  
apple sauce €7.25

Ballycotton Smoked Salmon Salad, caper berries,  
Dijon & honey dressing €7.50

Homemade Soup & brown soda bread €4.95

Seasonal Melon with Sorbet €6.25

Homemade Falafel salad, garlic mayo €7.25

Sizzling Prawns in garlic butter, with garlic bread €9.75

### MAIN COURSES

Fresh fish of the day from Unionhall €14.50

Irish Beef and Guinness Stew with mashed potato €14.50

Mild Vegetable Curry with Coconut Basmati Rice  
(with or without chicken) €14.50

Portion of Chips €2.50

### HOMEMADE DESSERTS

Gougane Mess €5.75

Wheat-free Chocolate Brownie Sundae €5.75

Apple Crumble with ice-cream and cream €5.75