# ALFIES

AT THE ASHE





## starters / light bites

chef's homemade soup of the day  $\mathbf{\xi}$ 5 (4,9,11,13) (GF)

served with our own artisan bread (1a,1d,4,7,12,13)

Kenmare Bay seafood & shellfish chowder €8

(4,5,6,8,9,13,14)

served with our own artisan bread (1a,1d,4,7,12,13)

pilpilking prawns €9.50 (1a,4,5,7,13)

succulent plump prawns sauteed in homemade pil pil sauce with lemon & scallion served with garlic scented crusty bloomer bread for tearing & dipping

served as a main with skinny fries €16.50

sticky Texan bbq pork spare ribs €9 (1a,1c,4,7,11,13)

served with Alfie's homemade red cabbage slaw, toasted rosemary & sea salt flatbread

served as a main with Alfie's style salad & skinny fries €16

classic caesar salad €11 (1a,1c,4,7,11,13,14)

cos leaves, toasted croutons, bacon lardons, parmesan shavings & chef's caesar dressing add chicken +€2.50 add prawns (5) +€5

## vegetarian & vegan dishes

bluebell falls goats cheese €8.50 (1a,4,7,11,12,13,14) (V)

delicious panko breaded Bluebell Falls goat's cheese with beet carpaccio, cherry tomatoes & baby leaves salad, beetroot aioli & basil croute, topped with mixed seeds & balsamic reduction

served as main course with skinny fries €14.50

alfies's special bruschetta €7 (1a,4,7,13)(v)

herb scented fresh vine tomatoes, buffalo mozzarella pearls, onions & garlic butter on toasted Bàcùs bloomer bread, drizzled with homemade basil pesto

alfies vegan Asian summer vegetable rolls €8.50 (11,12,13)

a delicious selection of summer vegetables wrapped in rice wraps, served with wasabi mayonnaise, sweet chilli and coriander sauce

superfood salad €12.50 (4,11,13) (V) (GF)

packed full of the good stuff, fluffy trio of quinoa, broccoli florets, baby spinach, roasted beetroot, avocado, red cabbage, mango & toasted almonds with a basil pesto dressing & grilled halloumi cheese Add Cajun Chicken (9) +€2.50 Add Prawns (5) +€5

alfies vegan lasagne €13.50 (1a,9,11,13) (V)

aubergine & courgette lasagne, served with sweet potato fries & Alfies style salad

rigatoni vegetable pasta €13.50 (1a,4,7,9,11,13) (v)

with lightly spiced grilled courgette, mangetout, baby spinach & broccoli florets tossed in an Arrabiata sauce, finished with mozzarella pearls & garlic scented croute



1.Cereal 1a.Wheat 1b. Rye 1c.Barley 1d.Oats 2.Peanuts 3.Nuts 3a.Almonds 3b.Brazil Nuts 3c.Cashews 3d.Hazelnuts 3e.Macadamia 3f.Pecan 3g.Pistachio.

3h.Walnuts 4.Milk 5.Crustaceans 6.Mollusc 7.Eggs 8.Fish 9.Celery 10.Lupin 11.Mustard 12.Sesame Seeds 13.Soya 14.Sulphar Dioxide

### from the land

alfies chicken curry €16.50 (1a, 4,11,13)

mildly spiced chicken & Mediterranean vegetable curry, served with lemongrass & coconut infused basmati rice & toasted naan bread, finished with mango chutney.

chicken, teriyaki, ginger & chilli stir fry €16 (1a,1c,12,13)

wok charred bell peppers, snow peas, broccoli & scallions, tossed in soft udon noodles & finished with toasted sesame seeds choose beef instead of chicken +€1.50

alfies house burger €17 (1a,4,7,11,12,13,14)

grilled 8oz Irish beef burger with lettuce, tomato & crispy fried onions topped with streaky bacon & Knockanore oak smoked cheddar cheese, harrisa & gherkin mayo in a toasted seeded bap with skinny fries

alfies locally sourced steak sandwich €17.50 (1a,1b,1c,4,13)

6oz Irish sirloin steak with sautéed onions & button mushrooms, cheddar cheese & garlic butter on toasted ciabatta bread with skinny fries

locally sourced steak of the evening € market price (1a,4,13,14)

prime cut of Irish beef cooked to your liking with sautéed onions & mushrooms, cherry vine tomatoes, served with skinny fries or fondant potatoes & a choice of green peppercorn sauce or garlic & herb butter

crispy fried buttermilk chicken burger €16 (1a,4,7,9,11,12,13)

golden fried chicken fillet with rocket leaves, tomato, topped with sumptuous melted Brie in a toasted seeded bap served with skinny fries and red cabbage slaw

#### from the wild atlantic

traditional fish and chips €17 (1a,4,7,8,11,13,14)

fresh fillet of Castletownbere cod, golden fried in craft ale batter with house tartar sauce, minted peas, curry sauce & chunky fries

fresh fillet of seabass €18 (4,8,9,11,13)

grilled Atlantic seabass on a bed of dill scented pomme puree, sautéed baby spinach & asparagus spears, with caramelised caper butter served with market vegetables of the day

beer battered scampi €16 (1a,1c,5,7,11,13,14)

fresh water king prawns in a light tempura batter with red cabbage slaw with skinny fries, served with tangy lemon, chilli & dill aioli

sides

Chunky Chips	€3.75 ( 1a,13 )
Creamy Mashed Potato	€3.75 ( 4 )
Garden Leaf Salad	€3.75 ( 11,13 )
Buttered Vegetables	€3.75 ( 4 )
Crispy Fried Onion Rir	ıgs€3.75 ( 1a,13 )
Garlic Bread	€3.75 ( 1a,4,7,11,13 )
Sweet Potato Fries	€4.00 (1a,13)
Skinny Fries	€3.75 ( 1a,13 )
Red Cabbage Slaw	