



# MONK'S LOUNGE

## A BRIEF HISTORY

The Monk's Lounge was established in 1795.

It was known then as The Herbert Arms, owned by the Herbert family later of Muckross House, The Herbert Arms acted as an Inn with accommodation for travellers venturing to Muckross or onwards over the Old Kenmare Road.

According to the 1901 & 1911 National Census the building was made up of between four and six bedrooms with a public bar underneath.

The Monk's Lounge name originates from the Franciscan Friars who occupied the nearby Muckross Abbey, which was founded in the 6<sup>th</sup> century by St. Fionan, from 1448 onwards until it was conquered by the Cromwellian Forces in 1652.

## ALLERGEN INDEX

- |                 |                |
|-----------------|----------------|
| (1) Gluten      | (8) Nuts       |
| (2) Crustaceans | (9) Celery     |
| (3) Eggs        | (10) Mustard   |
| (4) Fish        | (11) Sesame    |
| (5) Soybeans    | (12) Sulphites |
| (6) Dairy       | (13) Lupin     |
| (7) Peanuts     | (14) Molluscs  |

## SMALL PLATES

### Split Pea and Ham Velouté €8.50

Served on Larkin's Brown Bread

Contains Allergens 1,6,12

### Poached Prawn and Crab Cocktail €12.50

Whiskey Tomato Aioli, Chilled Gem Lettuce & Avocado

Contains Allergens 2,3,4,6,9,10

### Lemongrass Scented Mussels €11.50

Mussels, Turmeric, Ginger, Spring Onion

Crusty Sourdough Bread

Contains Allergens 1,4,6,9,10

### Warm Gubbeen Chorizo & Sweet Potato Frittata €9.50

Eves' Organic Smoked Tomato Salsa, Sweet Pearl Onions, Rocket

Saffron Roasted Peppers

Contains Allergens 6,9,10

### Signature Open Sandwiches €12.50

served with Side Salad & Baked Vegetable Crisps

#### Open Chilled Beef Sandwich

Toasted Sourdough, Dijon, Pickled Onion, Watercress

Crispy Onions

Contains Allergens 1,3,6,9,10,12

#### Smoked Chicken

Muckross Park Signature Treacle Bread, Mango, Lime Aioli

Coriander

Contains Allergens 1,3,6,9,10,12

#### Smoked Salmon

Brown Soda, Poached Prawn, Sesame Pickled Seaweed

Cucumber Yogurt Dressing

Contains Allergens 1,2,3,6,9,10,11

All Sandwiches are available on Gluten free bread,  
please advise a member of our team.

## LARGE PLATES

### Charcuterie Slate to Share €19.50

Artisan Irish & International Cured Meats, Irish Smoked Salmon  
Ham & Sneem Pudding Terrine, Potato Ranch, Celeriac Remoulade  
Eves Organic Piccalilli & Olives  
Contains Allergens 1,3,4,6,9,10,11

### Polenta Cake €17.50 -Vegan

Carrot Rosti, Avocado, Sweet Red Pepper, Hummus  
Toasted Pumpkin Seed  
Contains Allergens 1, 9, 10, 11

### Beetroot Risotto €18.50 - Vegetarian

Warm Goats Cheese Croquette, Pickled Beetroot, Walnut  
Affilla Cress  
Contains Allergens 1, 3, 6, 8, 9

### Baked Seabass €21.50

Violetta Potato, Sprouting Broccoli, Pickles, Mussels  
Tomato, Chive Velouté  
Contains Allergens 4,6,10,12,14

### 10oz Irish Sirloin Steak €28.50

10oz Dry Aged Irish Sirloin Steak, Onion Ring, Field Mushroom, Cashel Blue  
Béarnaise or Pepper Sauce, Served with Fries  
Contains Allergens 3,6,9,10,12

## SALADS

### Classic Caesar Salad €13.50

Romaine Little Gem Lettuce, Smoked Bacon, Aged Parmesan  
"Homemade Caesar Dressing" Sourdough Croutons  
Contains Allergens 1,3,4,6,9,10,11

### Muckross Park Superfood Salad €14.50 - Vegan

Mint, Avocado, Quinoa, Melon, Toasted Seeds, Pomegranate  
Citrus Dressing  
Contains Allergens 1,3,6,9,10,11

### Warm St Tola Organic Goats Cheese Salad €14.50 -Vegetarian

Pomegranate, Chicory, Heritage Carrot, Candied Walnut  
Contains Allergens 1,3,6,8,12,13

Add at twist to your salad...

#### Smoked Chicken Breast €3.50

Contains Allergens 12

#### Poached Prawns €4.50

Contains Allergens 6

#### Smoked Salmon €4.00

Contains Allergens 4

#### Grilled Tofu €3.50

Contains Allergens 5

## SIDE ORDERS

Skin-on Fries €4.50

Contains Allergens 1, 12

Sweet Potato Fries €5.00

Contains Allergens 1, 12

Tempura Onion Rings €4.00

Contains Allergens 1, 6, 10

Seasonal Vegetables €4.00

Contains Allergens 6

Mash Potato €4.00

Contains Allergens 6,12

Chefs Garden Salad €4.00

Contains Allergens 3, 6, 9, 10, 12

## SWEETS

### Muckross Park Apple Crumble €7.50

Maple Syrup, Poached Apples, Vanilla Ice Cream

Contains Allergens 1, 3, 6, 8

### Raspberry & Elderflower Tiramisu €7.50

Raspberry Sorbet

Contains Allergens 1, 3, 6

### Duo of Callebaut €8.50

Brownie, Chocolate Mousse, Salted Caramel Ice Cream

Contains Allergens 1, 3, 6

### Fresh Fruit & Berry Salad €7.00

Raspberry Sorbet, Mint

### Freshly Baked Scone €6.50

Selection of Lemon Curd, Fruit Jam, Clotted Cream

Contains Allergens 1, 6, 12, 13

### Selection of 3 Irish Artisan Cheeses €11.50

Selection of 3 Irish Artisan Cheeses, Crackers & Chutney

Contains Allergens 1, 3, 6, 9, 10, 13

## AFTER MEALS

Espresso Martini	€11.00
Brandy Alexander (6)	€12.00
Grasshopper (6)	€11.00
White Russian (6)	€11.00
Irish Coffee (6)	€7.00
Baileys Coffee (6)	€7.00

## HOT BEVERAGES

Irish Breakfast Tea	€4.00
Americano	€4.20
Espresso	€3.20
Double Espresso	€4.50
Cappuccino / Café Latte (6)	€4.50
Hot chocolate (6)	€4.00

## LOOSE TEA SELECTION

### BLACK TEAS €7.50

#### Darjeeling Summer Gold, India, Summer

This outstanding summer plucking has a flowery elegance and a deliciously Well balanced aroma.

#### Irish Whiskey Cream, India, Summer

This malty Assam tea affuses a flamboyant fragrance of whiskey with a breath of cocoa.

#### Earl Grey Darjeeling, India, Autumn

Delicately flowery Autumn Darjeeling with bergamot.

### GREEN TEAS €7.50

#### Jasmine Gold, China, Spring

Delicate jasmine blossoms diffuse their gentle fragrance over summer China green tea.

#### Morgentau, China, Summer

A fascinating tea composition with Sencha, flower petals and subtle fruity flavour of mango & lemon.

#### Green Dragon Lung Ching, China, Spring

A rare pleasure for tea connoisseurs when the typical light tartness of green tea joins with a flurry of freshness.

### INFUSIONS €7.50

#### Sweet Nana

A delicious mint with a fresh, sweet and aromatic flavour.

#### Vanilla Rooibos

The much loved South African Rooibos, flavoured with the richness of creamy vanilla.

#### Tangy Lemon

Sparkling, fruity lemon freshness that tingles on the tongue.

#### Get the Power

A fruit infusion of exquisite fruits, cola nut and red currants.

#### Ayurveda Herbs & Ginger

Inner warmth. A perfectly balanced herbal blend to activate all the senses.