



FLYNN'S

BAR & RESTAURANT

STARTERS

**HOMEMADE CREAM OF *
VEGETABLE SOUP** (1, 2a, 7, 13), **€7.95**

Served With Flynn's Homemade Brown Bread

**FLYNN'S STYLE *
BRUSCHETTA** (2a, 7, 13, 14) **€9.50**

Fig Jam, Mozzarella, Peppers, Sundried Tomato and Pesto Served with a Salad Garnish.

**BLACK PUDDING & BACON *
SALAD** (2a, 2d, 9, 13) **€9.50**

Tossed Dressed Leaves, Black Pudding & Bacon Lardons

**SPICY HOUSE CHICKEN *
WINGS** (1, 9, 13) **€9.50**

Marinated Home Cooked Chicken Wings, Served with a Salad Garnish & Our Homemade Spicy BBQ Sauce

DUCK SPRING ROLLS (2a, 11, 12, 13) **€10.00**

Crispy spring rolls filled with tender shredded duck & aromatic vegetables. Served with a rich Hoisin and sweet plum sauce and a salad garnish.

Make A Starter a Main + €7.50

SIDES

HAND CUT CHIPS	€3	BOILED RICE	€3
SEASONAL VEG	€3	NOODLES	€3
CREAMY MASH	€3	MUSHROOMS	€3
SIDE SALAD	€3	COLESLAW	€2
ONION RINGS	€3	EXTRA SAUCE	€2

ALLERGENS:

1. CELERY 2. CEREALS 2A. WHEAT 2B. BARLEY
2C. RYE 2D. OATS 3. CRUSTACEANS 4. EGGS
5. FISH 6. LUPIN 7. MILK 8. MOLLUSCS 9. MUSTARD
10. PEANUTS 11. SESAME SEEDS 12. SOYBEANS
13. SULPHUR DIOXIDE & SULPHATES 14. NUTS

• ITEMS MARKED CAN BE MADE GLUTEN FREE

SUMMER EVENING MENU
SUNDAY - THURSDAY 5PM - 8.30 PM
FRIDAY & SATURDAY 5PM - 9PM
WiFi Password : rockshore

MAIN COURSE

HERB CRUSTED CHICKEN **€21.95**
(2a, 4, 7, 9, 13)

Herb Crusted Chicken Breast, Chorizo Sauce, Potatoes & Vegetables

CRISPY HALF DUCK * **€25.95**
(2a, 7, 13)

Sultana & Apple Stuffing, Potato Croquet, Seasonal Vegetables and an Orange Star Anais Sauce

PRIME IRISH STRIPLOIN STEAK * €31.95
(2a, 7, 13)

Brandy & Cracked Black Pepper Sauce
Onion Rings, Mushrooms & Home Cut Chips

BAKED FILLET OF SALMON * **€26.95**
(5, 7, 9, 13)

Fresh Darned of Salmon served with a Wholegrain Mustard & Chive Sauce, Potatoes & Seasonal Vegetables

FLYNN'S FAMOUS CHICKEN CURRY * **€18.95**
(2, 7, 9, 13)

Served With Boiled Rice OR Hand Cut Chips

FLYNN'S SPICY CHICKEN STIR FRY * **€18.95**
(2, 4, 7, 9, 11, 12, 13, 14)

Served on a bed of Egg Noodles and Stir Fried Vegetables

BUTTERMILK CHICKEN BURGER **€19.95**
(2, 4, 7, 9, 13)

Topped with Bacon, Lettuce, Cheese & Garlic Mayo, Served with Hand Cut Chips

SUNDRIED TOMATO & PESTO **€18.95**

RIGATONI PASTA (2, 4, 7, 9, 13, 14)

Sundried Tomatoes, Peppers and Pesto

Add Chicken + €2

GOURMET 8 OZ BEEF BURGER * **€19.95**
(1, 2a, 4, 7, 9, 13)

Topped with Smoked Cheese, Bacon, Lettuce and our Homemade Onion Relish and Hand Cut Chips

CHICKEN TENDERS **€17.95**
(1, 2a, 4, 7, 9, 13)

Homemade Chicken Tenders, Salad and Hand Cut Chips.

FISH & CHIPS **€19.95**
(2a, 5, 13)

Golden Fried Fresh Fish in a Crispy Batter served With Coleslaw, Tartare Sauce and Hand Cut Chips