



LUNCH MENU

Soup of the Day Served with Guinness Brown Bread. Allergens: 1.7.9	€7.00	Home-made Chicken Tenters Marinated and Panko Bread Crumbed Chicken Strips, Served with Mixed Leaves, Chipotle Aioli & Hand-cut Fries. Allergens: 1.3.6.7.9.10	€16.50
Seafood Chowder Fresh Cod, Smoked Haddock, Salmon, Mussels, Creamy Vegetable Velouté. Allergens: 1.2.4.7.9.12.14	€11.00	Beer Battered Haddock Fillet of Haddock in Light Beer Batter Hand-cut Fries, Lemon Wedge & Tartare Sauce. Allergens: 3.4.6.7.9.10	€19.00
Antipasti Ciabatta Aged Prosciutto, Milano Salami, Nduja, Scamorza Cheese, Pumpkin seeds & a Basil Pesto. Allergens: 1	€13.00	Wild Mushroom Tagliatelle Wild Mushroom, White Wine Cream Sauce, Garden Peas, Aged Parmesan, Truffle Oil infusion. Allergen: 1.3.7.9.12	€16.50
Ham & Cheese Slow-braised Ham Hock, Brie, Mixed leaves, Pickles, Toasted Sourdough Bread. Allergens: 1.3.7.9.10	€13.00	Add Gambas €7.00	
Hummus Wrap (V) Mixed Leaves, Quinoa, Mixed Beans, Roast Sweet Potato, Shredded Red Cabbage. Allergens: 1.11	€11.50	Tenters Select Cuts 9oz Beef Burger Brioche Bun, Truffle Mayo, Aged Dubliner Cheddar, Salad, Tomato, Pickles, Pancetta, Hand-cut Fries. Allergens: 1.3.6.7.10	€19.00
Add Chicken €4.00 Add Hand-cut Fries or Soup €4.00		28 Days Dry Aged 10oz 'New York' Hereford Striploin Sautéed Mushrooms, Hand Cut Fries, Choose Between: Peppercorn Sauce, Garlic Butter or Blue Cheese Segments accompany your Steak. Allergens: 6.7.9.12	€34.00
Caesar Salad €12.00 Baby Gem Lettuce, Crispy Pancetta, Herb Croutons, Sun-dried Tomatoes, Aged Parmesan Cheese. Allergens: 1.3.7.10		Tenters Gastro Pie Range €13.50 Served with Side Salad Please ask our Tenters Team to see which Pie is available today! Allergens: 1.3.7.9.11.12	
Super Salad €13.00 Mixed Leaves, Quinoa, Avocado, Carrot, Spiced Pumpkin, Peas & Figs with Tahini Lime Dressing. Topped with Roasted Pumpkin Seeds. Allergens: 7.11		SIDES	
Tenters Salad Bowl €12.00 Mixed Leaves, Roast Sweet Potato, Red Cabbage, Mixed Beans, Heirloom Tomato, Coriander & Beetroot Hummus. Allergens: 11		Truffle & Parmesan Fries €6.50 Allergens: 6.7	
Add Chicken to a Salad €4.00		Hand-cut Fries €4.95 Allergens: 6	
		Side Salad €4.95 Seasonal Greens €4.95 Onion Rings €4.95 Allergens: 1.6	

1. Cereal gluten (wheat)
2. Crustaceans
3. Eggs
4. Fish
5. Peanuts
6. Soybeans

7. Milk
8a. Walnuts
8b. Pine Nuts
8c. Almonds
8d. Cashew nuts
9. Celery

10. Mustard
11. Sesame Seeds
12. Sulphur Dioxide/sulphites
13. Lupin
14. Molluscs & Clams

Please make your server aware of any allergies before ordering. We use several allergens in our kitchen. Whilst we take great care, and despite our best efforts, there is always a risk of cross contamination. Where possible, we use Irish ingredients and support local suppliers. Our Beef and Pork is sourced locally, from FX Buckley. Our Seafood is supplied by Wrights of Marino.