



Murray's Bar & Grill

Lunch Menu

(V) Vegetarian (GF) Gluten Free

Served Daily from 12 - 4pm

Roast Joint of the Day €12.50 Served with mashed potatoes & market fresh vegetables	Irish Stew €10.95 Our own secret recipe of diced beef with lashings of mashed potato
Grilled Chicken Caesar Salad €10.95 Grilled chicken pieces, bacon bits, garlic croutons & a garlic mayonnaise	Fish & Chips €10.95 Irish Cod in a light beer batter with homemade tartar sauce & crispy fries
Cheese & Bacon Burger €12.95 10oz of Prime Irish Beef with Smoked cheddar cheese, crispy bacon, seasonal salad, onion rings, our own homemade burger sauce & fries	Gourmet Pork & Leek Sausage €10.95 With Guinness & sweet onion gravy & roasted garlic mash
Tower Burger €10.95 The same great 10oz burger as above but without the cheese & bacon	Sirloin Steak €19.95 9oz sirloin served with onion rings, mushroom & onion ragout, crispy fries & your choice of sauces
Steak Ciabatta €12.50 5 oz Prime Irish sirloin steak ciabatta with crispy onions & fries	

Sin Free Lunch

Superfood Salad - €10.95 (V) (GF)

Baby gem, sugar snaps, chick peas, beetroot, broccoli, cherry tomatoes, raisins & pumpkin seeds in an orange dressing

Smoked Salmon - €10.50

Brown bread & capers, red onions & crème fraiche

Sweet Potato Falafel Wrap - €9.95

Crispy chick pea & sweet potato falafels, sun dried tomato hummus & crispy greens bound in a tomato wrap with sweet potato fries

Sandwiches / Wraps / Paninis - €7.50

Chicken * Honey Roast Ham * Tuna * Mixed Salad * Coleslaw * Irish Goubeen Cheese

For all food allergen & intolerance information, please ask your Server for the contents of our food menus & our allergen & intolerance manuals

Murray's Bar & Grill - 33 Upper O'Connell Street

Tel: (01) 878 7505

Website: www.murraysbar.eu

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