

## LUNCH

### SANDWICHES

<b>THE CLUB – THE CLASSIC SANDWICH</b>	14.90
Crispy smoked pancetta, chicken, egg and lettuce On crusty sourdough (Contains 1-wheat,3,6,7,10,12)	
<b>THE SLOPPY JACK - JOE'S VEGAN COUSIN</b>	14.50
BBQ jackfruit on a vegan bun with pickles and crispy onions (Contains 1-wheat,6,10,12)	
<b>THE BUFFALO CHICKEN WRAP</b>	12.90
Chicken goujon wrap with melted cheese and buffalo sauce (Contains 1-wheat, 3,6,7,10,12)	
<b>THE HOT PASTRAMI</b>	14.50
Shaved pastrami beef on sourdough Two cheeses and wholegrain aioli (Contains 1-wheat,3,6,7,10,12)	
<b>TOASTED SPECIAL</b>	10.90
Home-cooked, hand-carved ham Mature cheddar and caramelised onion relish (Contains 1-wheat,3,6,7,10,12)	
<b>THE CHICKEN CAESAR WRAP</b>	12.90
The iNUA classic - chicken goujons and baby gem in a soft wrap (Contains 1-wheat,3,4,6,7,10,12)	

All sandwiches come with a cup of fries and salad

<b>ADD ONS</b>	
Cup of soup	3.50
Bowl of soup	6.00
House slaw	2.50
Rocket and tomato salad	3.00

### SOUPS

<b>CREAMY SOUP OF THE DAY</b>	7.90
Made fresh daily – please enquire with your waiter for further details Served with fresh soda bread (Contains 1-wheat,6,7,9,12)	
<b>SUMMER SAFFRON &amp; TOMATO SMOKED FISH BROTH</b>	10.90
Full of flavours and chunky fish, served with crusty bread (Contains 1-wheat,2,3,4,6,7,9,12,14)	

### SALADS & SNACKS

<b>THE BRASSERIE CAESAR</b>	sm 9.90 lg 14.50
Crisp smoky pancetta and buttery focaccia fingers Our creamy house Caesar dressing, tossed baby gem Served, of course with heaps of parmesan shavings (Contains 1-wheat, barley,3,4,6,7,10,12)	
<b>VERMICELLI NOODLE &amp; CHILLI SALAD</b>	sm 9.90 lg 14.50
Full of flavours of crisp vegetables and fresh coriander Tossed in rice vinegar, gently topped with chilli dust (Contains 1-wheat,6,9,11,12) - Vegan	
<b>GREEN GODDESS SALAD</b>	sm 9.90 lg 14.50
Asian greens, cucumber, soy bean, wakame Pickled ginger, candied walnuts, lemon & sesame dressing (Contains 6,8-walnut,9,10,11,12) – Vegan	

Add chicken or vegan feta style cheese to any of above 4.00  
(Contains 6)

Add poached prawns or poached flaky salmon to any of above 6.00  
(Contains 2,4,7)

<b>THE ZESTY CHICKEN</b>	sm 9.90 lg 14.50
Roast chicken in a lime, honey and spice sauce Guacamole, tossed leaves and purple quinoa (Contains 7,9,10,11,12)	
<b>STICKY IRISH CHICKEN WINGS</b>	sm 11.90 lg 17.50
Buffalo wing sauce, blue cheese dip Main course portion served with a cup of fries (Contains 1-wheat,3,6,7,9,12)	



All our beef and pork is of Irish origin unless stated otherwise and our chicken is of EU origin.. Whilst every care is taken to ensure our dishes do not contain allergens other than listed for each dish, traces may be present due to the nature of our kitchens and operations. Please inform your server if you suffer from any food allergy or have other dietary requirements.

1-Cereals cont. Gluten, 2-Crustaceans, 3-Eggs, 4-Fish, 5-Peanuts, 6-Soybeans, 7-Milk, 8-Nuts, 9-Celery, 10-Mustard, 11-Sesame Seeds, 12-Sulphites, 13-Lupins, 14-Molluscs

# WAVES

BAR

## LUNCH

### PIZZA

12" SOURDOUGH PIZZA, SAN MARZANO TOMATOES AND OUR OWN SPECIAL CHEESE BLEND

**THE MARGHERITA** 15.50  
Fresh basil and mozzarella  
(Contains 1-wheat, oat,3,6,7,9,12)

**FRESH FROM THE SEA** 17.90  
Topped with poached prawns and BBQ salmon  
Lemon aioli dollops and garlic oil drizzles  
(Contains 1-wheat, oat,2,4,6,7,9,12)

**SPICY & MEATY** 17.90  
All the meats you expect  
Lightly dusted with chili and drizzles of garlic aioli  
(Contains 1-wheat, oat,6,7,9,10,12)

**VEGAN FEAST** 15.50  
Kalamata olives, pulled jackfruit and vegan style cheese mix  
Basil pesto  
(Contains 1-wheat,6,8-pine,9,10,12)

**WILD & WONDERFUL** 16.90  
Garryhinch organic mushrooms, rosemary infused olive oil  
Rock chives and caramelised red onion  
(Contains 1-wheat, oat,6,7,9,10,12)

### SIDES

Classic potato champ (Contains 7,12) 4.50

Dirty fries - peppercorn sauce, bacon & parmesan (Contains 6,7,9,12) 5.50

Minted baby potatoes (Contains 7) - Vegan optional 4.50

Skin-on fries - Vegan 4.50

Roast plum cherry tomato & rucola salad (Contains 12) - Vegan 4.50

Crunchy summer vegetables - fresh herbs (Contains 7) 4.50

### SWEET CHOICES

**LEMON CURD ROULADE** 8.90  
Raspberry puree and Chantilly cream  
(Contains 1-wheat,3,6,7)

**SALTED CARAMEL BROWNIE** 8.90  
Vanilla bean ice-cream  
(Contains 1-wheat,3,6,7)

**CHOCOLATE AND BANANA** 8.90  
Banana textures - vegan ice cream  
(Contains 1-wheat,6) - Vegan

**SELECTION OF BOULABAN ICE-CREAM** 8.50  
Please ask your server  
(Contains 1-wheat&barley,3,6,7,8-various,12)

**KNICKERBOCKER GLORY** 8.50  
Strawberry syrup, meringue and honeycomb  
(Contains 3,7)

**APPLE TART TATIN** (10-15 mins cooking time) 8.90  
Apple tart in the classic French style, served with ice-cream(Contains 1-wheat,3,6,7,12)

**IRISH FARMHOUSE CHEESE SELECTION** 14.50  
Grapes, celery, cheese, crackers and chutney  
(Contains-1 wheat, oat,rye,3,6,7,8-almond,hazelnut,9,10,11,12)

### FISH & SEAFOOD

**CHILLI PRAWN LINGUINI** 22.00  
Green pesto, blushed tomato and garlic oil drizzles  
(Contains 1-wheat,2,3,6,7,8-pine,12)

**FRESH FISH N CHIPS** 19.90  
Haddock, craft beer battered and golden fried  
Zesty tartar sauce and roast garlic aioli served with fries  
(Contains 1-wheat, barley, oat,3,4,6,7,9,10,12)

### VEGAN & VEGETARIAN

**HEALTHY GREEN LENTIL & RAINBOW CARROT CURRY** 15.90  
Fresh coriander and toasted cashew nuts  
Fragrant coconut & basmati rice  
(Contains 6,8-cashew,9,12) - Vegan

**CHICKPEA AND SPINACH TAGINE** 16.50  
Flatbreads and dips  
(Contains 1-wheat,6,10,12) -Vegan

Add chicken or vegan feta style cheese to above 4.00 (Contains 6)  
Add seared prawns to above 6.00 (Contains 2,7)

### MEATS

**RIB-EYE BEEF BURGER** 21.50  
7oz steak mince patty with mature cheddar in a brioche bap  
Mildly spicy & smoky burger sauce  
Baby gem and spiced fries  
(Contains 1-wheat,oat,3,6,7,9,10,12)

**THE SPICY BUFFALO CHICKEN BURGER** 19.50  
Crispy coated chicken with buffalo sauce in a Brioche bun with fries  
(Contains 1-wheat,6,7,10,12)

**Add crispy pancetta to your burger 2.50**

**ROAST OF THE DAY** 19.00  
Served as it should be with creamy potatoes  
The waiter will know more – please ask!  
(Contains 6,7,9,10,12)