

# VEGETARIAN & VEGAN

All our vegetables are organic, pesticide and GM free. They are grown seasonally in our own market garden on Drumanilra Organic Farm and locally by Beechlawn Organic Farm, Croghan and Knockvicar Organic Gardens.

**V** Vegetarian **VG** Vegan (Ask for vegan version)

## VEGGIE BURGERS & SANDWICHES

BURGER MEAL

Meal option includes two regular sides or one superfood side.

**Veggie Stack Burger** **V** or **VG** 1,3,7,10,11,12... 7.00 ..... 10.70  
Grilled courgette, pickled beetroot, sweet smoked red pepper, hummus, leaves, tomato, brioche bun **V** or sourdough **VG**.

**Egg in a Bun** **V** 1,3,7,10,12 ..... 5.00 ..... 8.70  
Free-range fried egg, salad leaves, cherry tomatoes, red onion, mayo, Ballymaloe relish and brioche bun.

**Feta & Sundried Tomato Flatbread** **V** 1,7,10,11,12.... 7.50 ..... 11.20  
Greek feta, sundried tomato, wilted spinach, apple cider vinaigrette and toasted seeds served open on cornbread or organic brown soda.

## VEGGIE SALADS

**Drumanilra Salad Plate** **V** or **VG** 1,3,7,8,9,10,11,12 ..... 6.70  
Organic salads of the day with brown or crusty bread.

**Falafel Salad Plate** **V** or **VG** 1,3,7,8,9,10,11,12 ..... 8.50  
Baked sweet potato falafel, flatbread, optional yoghurt, hummus dips and salads of the day.

**Vegetarian Frittata of the Day** **V** 3,7,10,12 ..... 10.50  
Handmade daily with free-range eggs and served with salad leaves plus two regular sides or one superfood side.

**Hummus Pot** **VG** 1,8,9,10,11,12..... 5.00  
Our own recipe hummus, salad leaves and crusty bread.

## VEGGIE SPECIALS

**Veggie Rice OR Noodle Bowl** **V** or **VG** 1,3,6,11 ..... 7.50  
Stir-fried organic vegetables, with organic brown basmati rice or noodles.

**Soup of the Day** **V** or **VG** ..... 5.00  
Gluten and dairy-free soup made from seasonal organic vegetables. With brown soda **V**, sourdough **VG**, or gluten-free roll **V**. *See Free From note below.*

### "FREE-FROM" OPTIONS

Most of our menu items can be prepared without gluten, dairy, eggs, mustard, nuts, sesame and celery. See our **Free From** Menu or ask when you order. Note that our kitchen does handle all of these allergens so traces may be present. Our Balsamic Glaze contains sulphites. Ask if you would prefer us to leave it off the plate. **Please ask us when you place your order.**

#### ALLERGEN KEY

1 Gluten	5 Peanuts	9 Celery	13 Lupin
2 Crustacean	6 Soybean	10 Mustard	14 Molluscs
3 Eggs	7 Milk	11 Sesame	
4 Fish	8 Nuts	12 Sulphites	

SEE INSIDE FOR REGULAR & SUPERFOOD SIDES



OUR MENU

# DRUMANILRA FARM KITCHEN

FOOD FROM OUR OWN ORGANIC FARM ON THE SHORES OF LOUGH KEY

BURGER BAR • CAFÉ • FARM SHOP

Visit: [drumanilra.ie](http://drumanilra.ie) or Find us on social media:



# ETHICAL CARNIVORE

PLEASE PLACE YOUR ORDER AT THE TILL

All our grilled meats are local, organic, free-range, GM and antibiotic free, and fully traceable. We adhere to the strictest animal welfare standards and are independently audited by the Organic Trust Ltd.

**WHICH FARM?** Dexter Beef, Lamb, Ribs, Sausages, Dry Cure Rashers & Hams—Drumanilra Organic Farm  
 Angus Beef—John Cullen of Frenchpark • Organic Chicken—Margaret McDonnell of Kildare **WHICH FARM?**

## STEAKS

Locally-farmed and organic. Steak meals are served with organic mixed salad, house coleslaw, garlic butter and fries or sweet potatoes fries.

**Ribeye 1,3,8,9,10,11,12** ..... 16.50  
 8oz Irish Dexter or Black Angus Ribeye Steak. Well-marbled and juicy.

**Striploin 1,3,8,9,10,11,12** ..... 16.50  
 10oz Black Angus Striploin Steak. Large steak with good marbling but leaner than a ribeye.

**Fillet 1,3,8,9,10,11,12** ..... 20.50  
 8oz Black Angus Fillet Steak. The leanest and tenderest “melt in the mouth” cut!



**Viking Steak Plate 1,3,8,9,10,11,12** ..... 26.00  
 With 2 x 8oz Ribeyes. *For Viking appetites only!*

**Steak Sandwich 1,3,10,12** ..... 9.90  
 6oz Grilled Dexter Sirloin Steak—sliced and served on an open sandwich. Mixed salad leaves, tomatoes, red onion, mayo and Ballymaloe relish.

## BURGERS

**BURGER MEAL**

Meal option includes two regular sides or one superfood side.

**Dexter Burger 1,3,7,10,12** ..... 7.50 ..... 11.20  
 5oz Organic Dexter Burger with brioche bun, salad leaves, tomato, red onion, Ballymaloe relish and mayo.  
**DOUBLE IT!**—Add a second 5oz Dexter beef pattie ..... +4.00

**Angus Burger 1,3,7,10,12** ..... 6.95 ..... 10.65  
 5oz Organic Angus Burger with brioche bun, salad leaves, tomato, red onion, Ballymaloe relish and mayo.  
**DOUBLE IT!**—Add a second 5oz Angus beef pattie ..... +3.50

**Gluten-free Burger 3,10** ..... 7.50 ..... 11.20  
 5oz Organic Angus Gluten-free Burger with gluten-free bun, salad leaves, tomato, red onion, Ballymaloe relish and mayo. *See Free From note on back.*  
**DOUBLE IT!**—Add a second 5oz Gluten-free beef pattie ..... +4.00

**Chicken Fillet Burger 1,3,7,10,12** ..... 7.95 ..... 11.65  
 Grilled organic, marinated chicken fillet, brioche bun, lemon and garlic mayo, salad leaves, cherry tomatoes and red onion.

**Lamb Burger 1,3,7,10,12** ..... 7.50 ..... 11.20  
 Grilled organic, Dumanilra lamb burger, flatbread, mint yoghurt, harissa, salad leaves, cherry tomatoes and red onion.  
**DOUBLE IT!**—Add a second 5oz lamb pattie ..... +4.00

**Sausage Brioche 1,3,7,9,10,12** ..... 6.50 ..... 10.20  
 Organic sausages, brioche bun, fried onions, ketchup and mustard.  
*Like a Hot Dog, but nicer!*

## SPECIALS

**BBQ Ribs 3,4,6** ..... 9.90  
 Organic, free-range pork ribs from Drumanilra Organic Farm, house BBQ sauce, coleslaw and fries.

**Rice OR Noodle Bowl 1,3,6,11** ..... 10.90  
 Organic beef or chicken strips, stir-fried with organic vegetables and organic brown basmati rice or noodles. *Egg in noodle bowl only.*

## SANDWICHES

**TO-GO EAT-IN**

Served open on sourdough, rye, cornbread OR brown soda. Breads by Drumanilra and Lyons Bakeshop of Sligo.

**Soup & Sandwich Deal** ..... 9.90

**BLT 1,3,7,10,12** ..... 5.95 ..... 6.50  
 Drumanilra organic dry-cure rashers, salad leaves, cherry tomatoes, Ballymaloe relish and mayo.

**Baked Ham 1,3,7,10,12** ..... 6.95 ..... 7.50  
 Drumanilra organic dry-cure glazed ham, salad leaves, red onion, cherry tomatoes, wholegrain mustard and mayo.

**Roast Beef 1,3,7,10,12** ..... 7.45 ..... 8.00  
 Drumanilra roast sirloin of beef, sliced and served with wholegrain mustard, salad leaves, red onion and cherry tomatoes.

**All-day Breakfast Sandwich 1,3,7,10,12** .. 6.50 ..... 6.50  
 Dry cure bacon rasher, sausage, fried egg, Ballymaloe relish and mayo. Served on crusty sourdough or Waterford Blaa.

## SALADS

**Ploughman’s Lunch 1,3,7,8,9,10,11,12** ..... 10.50  
 Slices of organic, dry-cure, glazed ham, Sheridan’s 15 Field’s cheddar, relish, organic salads of the day and brown or crusty bread.

**Roast Beef Salad 1,3,7,8,9,10,11,12** ..... 10.50  
 Thick slices of organic roast sirloin of beef, served with organic salads of the day and brown or crusty bread

**Organic Chicken Salad 1,3,7,8,9,10,11,12** ..... 10.50  
 Organic, marinated chicken fillet strips, grilled and served warm with organic salads of the day and brown or crusty bread.

**Quiche of the Day 1,3,7,8,9,10,11,12** ..... 10.50  
 Handmade daily with free range eggs and served with two regular sides or one superfood side.

## SIDES

Garlic Mushrooms €3 | Irish Cheddar 50c | Cashel Blue Cheese €1 | Bacon Rasher €1

...CONTAINS MILK...

Our organic Irish Dexter Beef is rare, pedigree beef with outstanding marbling and flavor—farmed by Liam & Justina Gavin on Drumanilra Organic Farm. Black Angus beef is a popular breed also known for tenderness and flavor. Ours is farmed by John Cullen of Frenchpark. Our steaks are matured and hung for a minimum of 21 days.

**French Fries**  
 HAND-CUT & ORGANIC  
**2.75**

**Chunky House**  
**Coleslaw**  
**2.00**  
 3

**Side Salad**  
 FRESH & ORGANIC  
**4.50**  
 1,3,7,8,9,10,11

**Organic Sweet**  
**Potato Fries**  
**4.50**

REGULAR SIDE

SUPERFOOD SIDE