



A BRIEF HISTORY

The Monk's Lounge was established in 1795.

It was known then as The Herbert Arms, owned by the Herbert family later of Muckross House, The Herbert Arms acted as an Inn with accommodation for travellers venturing to Muckross or onwards over the Old Kenmare Road.

According to the 1901 & 1911 National Census the building was made up of between four and six bedrooms with a public bar underneath.

The Monk's Lounge name originates from the Franciscan Friars who occupied the nearby Muckross Abbey, which was founded in the 6th century by St. Fionan, from 1448 onwards until it was conquered by the Cromwellian Forces in 1652.

ALLERGEN INDEX

- | | |
|-----------------|----------------|
| (1) Gluten | (8) Nuts |
| (2) Crustaceans | (9) Celery |
| (3) Eggs | (10) Mustard |
| (4) Fish | (11) Sesame |
| (5) Soybeans | (12) Sulphites |
| (6) Dairy | (13) Lupin |
| (7) Peanuts | (14) Molluscs |

SMALL PLATES

Homemade Seafood Chowder €9.50

Kerry Shellfish, Smoked Fish, Organic Salmon

Contains Allergens: 1(wheat),2,4,6,14

Cream Soup of Honey Roasted Root Vegetable €8.50

Herb Crème Fraiche, Soda Bread

Contains Allergens: 1(wheat),6,9

Caesar Salad €12.50

Slow Cooked Chicken Fillet, Caesar Dressing, Aged Parmesan, Streaky Bacon, Sourdough Croutons

Contains Allergens: 1(wheat),6,9,10,14

Fivemiletown Goats Cheese Salad €12.50

Tomato Confit, Beetroot, Black Olive Cigar, Baby Leaves, Balsamic Syrup

Contains Allergens: 1(wheat),6,9,10

Maple Braised Pork Belly €12.50

Sea Salt & Rosemary, Pickled Red Cabbage, Red Onion Marmalade, Herb Oil

Contains Allergens: 1(wheat),9,10,12

Dingle Bay Crab Meat Croquette €12.50

Crab Meat, Potato Wrapped Tiger Prawn, Pickled Fennel & Carrots, Truffle Mayonnaise

Contains Allergens: 1(wheat),2,3,4,6,10,12,14

Salad of Grilled Butternut Squash & Seeds (Vegan) €12.50

Butternut Squash, Toasted Seeds, Pumpkin Dressing, Baby Leaves, Sauteed Mushrooms

Contains Allergens

SANDWICHES

Beef Sandwich €12.50

Hereford Beef Strips, Sautèed Onions & Mushrooms, Garlic Butter, Ciabatta Bread
Contains Allergens: 1(wheat),6

Kenmare Smoked Salmon Sandwich €12.50

Smoked Salmon, Seaweed Salad, Confit Peppers, Herb Cream Cheese
Contains Allergens: 1(wheat),4,6,9,11,12

Honey Baked Ham Sandwich €12.50

Honey Baked Ham, Melted Brie, Red Onions, Baby Gem, Honey Mustard Dressing, Ciabatta Bread
Contains Allergens: 1(wheat),6,9,10,12

Vegan Grilled Vegetable Flatbread €10.50

Grilled Vegetables, Rocket Leaves, Vegan Cheese, Basil Pesto, Nordic Flatbread
Contains Allergens: 1(wheat),8(peanuts),10

All Sandwiches are available on Gluten free bread,
please advise a member of our team.

LARGE PLATES

Rib Eye Steak €24.00

Truffle Mousseline, Marinated Onions, Leeks, Red Wine Jus

Contains Allergens: 6,12

Poached Organic Salmon €19.50

Ginger & Scallion Dressing, Creamed Potato, Wilted Leaves

Contains Allergens: 2,4,6,14

Baked Chicken Supreme €18.50

Potato Gratin, Mozzarella, Glazed Carrots, Beans, Peppercorn Sauce

Contains Allergens: 6,9

BBQ Beef Burger €17.50

Black Angus Burger, Smoked Streaky Bacon, Aged Cheddar, Red Onions, Tomato, Gherkins, BBQ Dressing, Skin on Fries

Contains Allergens: 1(wheat),6,12

Cauliflower & Curry Burger (Vegan) €15.50

Minced Cauliflower Burger, Tomato, Red Onion, Gherkins, Sweet Tomato Relish, Skin on Fries

Contains Allergens: 1(wheat),12

Fish & Chips €18.50

Tempura Baked White Fish Fillet, Crushed Peas, Tartare Sauce, Skin on Fries

Contains Allergens: 1(wheat),2,4,6,9,12,14

Spinach & Ricotta Tortellini (Vegetarian) €16.50

Confit Tomatoes, Baby Spinach, Aged Parmesan, Cream Sauce, Basil Oil

Contains Allergens: 1(wheat),3,6,12

Arborio Risotto & Chickpeas (Vegan) €16.50

Vegetable Risotto, Coconut Cream, Sauteed Chickpeas, Candy Beetroot, Vegetable Crisp

Contains Allergens: 9,12

SIDE ORDERS

Skin-on Fries €4.50

Contains Allergens

Seasonal Vegetables €4.50

Contains Allergens: 6,9

Mash Potato €4.50

Contains Allergens: 6

Onion Rings €4.50

Contains Allergens: 1(wheat)

Chefs Garden Salad €4.50

Contains Allergens: 9,10

SWEETS

Barley Seed & Caramel Crème Brulee €8.00

Whiskey Ice Cream

Contains Allergens: 1,3,6,8(almond),12

Muckross Park Brownies €8.00

Toasted Nuts, Crème Anglaise

Contains Allergens: 1,3,6,8(pecan)

Glazed Baileys Cheesecake €8.00

Coffee Ice Cream

Contains Allergens: 1,3,6,12

Williams Pear Bakewell Tart €8.00

Mulled Wine, Pistachio Ice Cream

Contains Allergens: 1,3,6,8(pistachio,almond)12

Freshly Baked Scone €6.50

Selection of Lemon Curd, Fruit Jam, Clotted Cream

Contains Allergens: 1,3,6

Spiced Dark Chocolate Trifle €7.00

With Honey Comb

Contains Allergens: 3,6

Classic Ice Cream Selection €7.00

Whipped Cream, Chocolate Sauce

Contains Allergens: 3,6

AFTERS

Espresso Martini	€11.00
Brandy Alexander (6)	€12.00
Grasshopper (6)	€11.00
White Russian (6)	€11.00
Irish Coffee (6)	€7.00
Baileys Coffee (6)	€7.00

HOT BEVERAGES

Irish Breakfast Tea	€4.00
Americano	€4.20
Espresso	€3.20
Double Espresso	€4.50
Cappuccino / Café Latte (6)	€4.50
Hot chocolate (6)	€4.00

LOOSE TEA SELECTION

BLACK TEAS €7.50

Irish Whiskey Cream, India, Summer

This malty Assam tea affuses a flamboyant fragrance of whiskey with a breath of cocoa.

Earl Grey Darjeeling, India, Autumn

Delicately flowery Autumn Darjeeling with bergamot.

GREEN TEAS €7.50

Jasmine Gold, China, Spring

Delicate jasmine blossoms diffuse their gentle fragrance over summer China green tea.

Morgentau, China, Summer

A fascinating tea composition with Sencha, flower petals and subtle fruity flavour of mango & lemon.

Green Dragon Lung Ching, China, Spring

A rare pleasure for tea connoisseurs when the typical light tartness of green tea joins with a flurry of freshness.

INFUSIONS €7.50

Sweet Nana

A delicious mint with a fresh, sweet and aromatic flavour.

Vanilla Rooibos

The much loved South African Rooibos, flavoured with the richness of creamy vanilla.

Tangy Lemon

Sparkling, fruity lemon freshness that tingles on the tongue.

Get the Power

A fruit infusion of exquisite fruits, cola nut and red currants.

Ayurveda Herbs & Ginger

Inner warmth. A perfectly balanced herbal blend to activate all the senses.