

# GOOD MORNINGS

- BASKET OF TOAST** 3  
Choice of white/brown or gluten free bread (1a,b,4)
- BETSY'S PASTRIES** 3  
Croissant's or Danish with Abernethy butter, cream and preserves (1a,b,3a,7,10)

# COFFEE & TEA

- AMERICANO** 3
- ENGLISH BREAKFAST TEA** 3
- CAPPUCCINO** 3
- EARL GREY TEA** 3
- LATTE** 3
- BARRY'S TEA** 3
- ESPRESSO** 3
- GREEN TEA** 3

ANY PASTRY & COFFEE 5

# SALADS

- BETSY'S FIG SALAD** 11  
Italian salad with figs, buffalo mozzarella, Parma ham, rocket & toasted pecans and a balsamic dressing (3d,4)
- GOAT CHEESE SALAD** 11  
Filemiletown goats cheese, mixed greens, blueberries, candied walnuts & raspberry vinaigrette (3h,4,7)
- CAESAR SALAD** 9.50  
Cos lettuce, crispy bacon, croutons, parmesan shavings and Caesar dressing (1a,b,4,7,8,12)  
Add grilled chicken 2.50

# SUPPLIED BY

KEELINGS,  
GAHAN MEATS,  
KISH FISH,  
MUSGRAVES,  
DRURY COFFEE,  
FRY LITE OILS

# APPETIZERS

- CLASSIC PRAWN COCKTAIL** 9  
Tiger prawns, crisp lettuce, home made Marie Rose sauce and Guinness bread (1a,1e,b,5d,7,12)
- IRISH SMOKED SALMON** 9  
Smoked salmon, capers, fresh lemon and homemade Guinness bread (1a,b,8)
- SPICY CHICKEN WINGS** 9  
Our own twist on the Louisiana hot sauce or sweet bbq sauce, celery sticks and blue cheese dip (4,9)
- FRESH SOUP OF THE DAY** 5.50  
with homemade brown bread and Irish Abernethy butter (see specials board for allergens)
- PULLED PORK CROQUETTE** 9  
Chef's signature croquette with Clonakilty black pudding, succulent pulled pork and apple sauce (1a,b,4,7)
- SCAMPI MARIE ROSE** 10/20  
Tiger prawns, crisp lettuce, lemon & home made Marie Rose sauce (1a,b,4,5d,7,12)
- DUCK LIVER PATE** 7.50  
Cognac infused pate with chutney and brioche toast (1a,b,4,7,12)

# MAINS

- BETSY'S SIGNATURE FILLET STEAK** 15  
*Available 12 - 9pm, Monday - Friday.*  
PPrime 8oz fillet steak, cooked to your liking with sautéed onions, chunky chips or creamy mash and peppercorn sauce or garlic Abernethy butter (4)
- MINUTE STEAK** 19.50  
Prime Irish 6oz minute steak, free range fried eggs, sautéed onions, hand cut chips & bearnaise sauce (4,7)
- FISH AND CHIPS** 16  
Fresh hake fillet, coated in a traditional beer batter, served with chunky chips, pea puree, fresh lemon and tartare sauce (1a,b,4,8,13)
- BETSY'S OMELETTE** 12  
Gruyere & spinach (4,7)
- HALF ROAST CHICKEN** 14  
Slow roasted free range Irish chicken with skinny fries, homemade slaw and traditional gravy (4,7,9,10)
- TODAY'S TAGLIATELLE** 14  
Seasonally inspired, please ask your server for today's option (See specials board for allergen info)

# ON TOAST

- SAUTÉED MUSHROOMS ON TOAST** 8  
Tossed in garlic Abernethy butter on toasted brioche (1a,b,4,7)
- FRIED EGGS & CRISPY BACON** 8  
on toasted ciabatta with ballymaloe relish (1a,b,4,7,10,12)
- FRENCH TOAST** 8  
Crispy bacon & maple syrup (1a,b,4,7)

# SANDWICHES

- ROAST CHICKEN & STUFFING CIABATTA** 8  
Slow roast chicken breast, traditional stuffing, spring onion & roast garlic aioli (1a,b,4,7,12)
- CORONATION CHICKEN** 8  
Succulent roast chicken in a mild curry mayonnaise (1a,b,7,11,12)
- CLASSIC HAM & CHEESE** 8  
Honey roast Irish ham, Dubliner cheddar and Ballymaloe relish (1a,b,4,12)

ANY SANDWICH WITH FRIES OR SOUP OF THE DAY OR COFFEE 10

# SIDES

- HAND CUT CHUNKY CHIPS** (4) 3
- SWEET POTATO FRIES** 4
- FRESH SIDE SALAD** (7) 3.50
- ONION RINGS** (1a,b,4) 4
- SAUTEED ONIONS** (4) 4
- SAUTEED MUSHROOMS** (4) 4
- SEASONAL GREENS** (4) 4
- SAUCES** 1
- DIPS** .75

# SWEET

- WHITE CHOCOLATE & RASPBERRY CHEESECAKE** 6  
Passion fruit and vanilla crème anglaise (1a,b,3 (all),4,7)
- MERINGUE** 6  
With ice cream, whipped cream, chocolate sauce, fruit compote and toasted almonds (3a,4,7)
- BETSY'S FINE APPLE PIE** 6  
Served with creme anglaise and cinnamon vanilla ice cream (1a,b,3, (all),4,7,13)
- TOFFEE PUDDING** 6  
Warm sticky toffee pudding in a salted caramel sauce with vanilla ice cream (1a,b,3 (all),4,7,10)
- CHOCOLATE BROWNIE** 6  
Our signature dessert, made with dark, milk and white chocolate and served with bourbon vanilla ice cream (1a,b,3 (all),4,7,10)

# WATER

- UNLIMITED FILTERED STILL OR SPARKLING WATER 1 PP

\*ALLERGENS LISTED FOR EACH DISH EXCLUDE ACCOMPANYING SAUCES/DIPS, SEE SAUCES & CONDIMENT ALLERGEN INFORMATION.

# ALLERGEN INFORMATION

- 1 Cereals Containing Gluten,  
1a Wheat, 1b Spelt, 1c Khorasan, 1d Rye, 1e Barley,  
1f Oats, 2 Peanuts, 3 Nuts, 3a Almonds, 3b Hazelnuts,  
3c Cashews, 3d Pecans, 3e Brazil, 3f Pistachio,  
3g Macadamia, 3h Walnuts, 4 Milk,  
5 Crustaceans, 5a Crab, 5b Lobster, 5c Crayfish,  
5d Shrimp, 6 Molluscs, 6a Mussels, 6b Clams,  
6c Scallops, 7 Eggs, 8 Fish, 9 Celery, 10 Soy,  
11 Sesame Seeds, 12 Mustard,  
13 Sulphur Dioxide & Sulphites, 14 Lupin

# SAUCES & CONDIMENTS

- KETCHUP** (3), **VINEGAR** (13), **MUSHROOM SAUCE** (4,9,10,12,13),  
**PEPPER SAUCE** (4,9,10,13), **GARLIC BUTTER** (4),  
**RICH GRAVY** (9,10,13), **JAMESON SAUCE** (4,9,10,13),  
**BEARNAISE** (4,7,13), **GARLIC DIP** (7,10,12), **BLUE CHEESE** (4,7,12,13),  
**TARTER SAUCE** (7,10,12,13), **HOT SAUCE** (4),  
**BBQ** (13), **MARIE ROSE** (1e,4,7,8,12,13)

All products/dishes are stored, prepared and handled in an environment where food allergens are used. We have implemented controls to reduce the risk of cross contamination but cannot guarantee the absence of allergen transfer. Please see the table above outlining the direct allergens used in our products/dishes. Please ask our staff should you any additional queries.