



THE GLENSIDE
BAR, RESTAURANT & FUNCTION ROOM

*Lunch
Menu*



www.theglensidepub.ie

All our beef is 100% Irish Origin

Soup & Sandwiches

Served 12 to 3pm Monday to Friday

Soup of the day €6.95

Homemade soup of the day served with our freshly baked stout bread.

CA/V (1(wheat))

Spicy Chicken & Bacon Sandwich..... €8.95

Smoked cheddar, crispy bacon, shredded lettuce, and garlic mayo

(1(wheat),3,6,9,12)

Joint of the day Sandwich. €10.95

Served with our homemade stuffing.

(1(wheat),6)

Glenside Salad Sandwich €8.95

Choice of either egg or cheddar cheese with baby leaf and salad mix.

(1(wheat),3,6)

Toasted Special €8.95

Ham, cheese, tomato and onion.

(1(wheat),6)

Chicken Goujons Wrap €9.95

Chicken Goujons wrap, lettuce, red onion, grated cheddar and sweet chilli sauce.

(1(wheat),6,7,12)

Buffalo Mozzarella Ciabatta €9.95

Buffalo mozzarella served warm on ciabatta bread with caramelised onion, tomato, mixed leaf and basil pesto.

(1(wheat),3,6)

Add cup of soup or bowl of chips €3.50

V - Vegetarian | VG - Vegan | VA - Vegetarian Adaptable | VGA - Vegan Adaptable |

C - Coeliac | CA- Coeliac Adaptable

Salads

Irish Goats Cheese Salad €13.95

Warmed Goats cheese served with slow roasted beetroot, basil pesto, confit cherry tomato, mixed leaves and a balsamic dressing and stout bread.

V (1(wheat),6,11)

Irish Smoked Salmon Salad €13.95

Sliced smoked salmon on a tomato and scallion salad, red onion, peppers, balsamic dressing and saffron aioli. Served with stout bread.

CA (1(wheat),3,4,6,11)

Grilled Cajun Chicken Salad..... €13.95

Chargrilled Cajun chicken breast on Caesar dressed cos lettuce, crispy streaky bacon, parmesan shavings and a garlic and herb ciabatta.

V/CA (1(wheat),3,4,5,6,11)

Glenside Superfood Salad €13.95

Cherry tomatoes, tenderstem broccoli, beetroot, red onion, shredded carrots, sunflower seeds, mixed leaves and pomegranate dressing. Served with stout bread.

VG/CA (1(wheat),6,7,11)

Mains

Daily Lunch Special Price Daily

Sourced from the freshest ingredients available from our suppliers.

Ask server for allergens

Roast Joint of the Day..... €17.95

Joint of the day served with seasonal vegetables, mash potato, roast potato, stuffing and homemade roast gravy.

CA (1(wheat),3,6)

Mains

Glenside Chicken Pasta€16.95

Marinated chicken strips, mushroom, bacon bits, broccoli and cauliflower florets in a creamy sauce with parmesan shavings, served with garlic and herb ciabatta.

VA (1(wheat),3,6,8,11,14)

Glin Valley Chicken Wings.....€16.95

Whole Glin Valley chicken wings in our spicy house marinade, choice of Buffalo hot sauce or Honey bbq dressing.

(1(barley),9,11,12)

Fish and Chips€16.95

Freshly sourced haddock in a light beer batter, served with tartar sauce, lemon wedge and side salad.

(1(wheat),3,4,11,12)

Scampi and Fries.€15.95

Breaded Scampi pieces served with side salad, lemon wedge, marie rose sauce and French Fries.

(1(wheat),2,3)

Piri Piri Chicken Burger€16.95

Our own chicken burger in a piri piri breadcrumb on a brioche bap, with baby gem, tomato, sweet chilli mayo and chips. | CA (1(wheat),3,6,11,12)

Goujons & Chips€12.95

Breaded chicken goujons served with chips and a garlic dip.

(1(wheat), 3, 6, 7, 11, 12)

1.Gluten: Wheat, rye, barley, oats, spelt. 2.Crustaceans: Crab, Lobster, Crayfish, Shrimp.3.Egg: and egg products; mayo, pasta, dressings. 4.Fish: Salmon, Tuna, Cod etc. 5. Peanuts: Whole or in foods, confectionary, or sauces. 6.Milk: and Milk containing products dried milk solids. 7.Nuts: Almond, Hazelnut, Pecan, Brazil, Pistachio. 8.Soya: Soya beans, soya milk, tofu, soya sauce. 9.Sesame: Bagels, breads, dressings. 10.Celery: Salad dressing, stir fries and dressings. 11.Mustard: Widely used as an ingredient in many foods. 12.Sulphur dioxide, sulphites: Used as preservatives in a wide range of foods. 13.Molluscs: Mussels, Oysters. 14.Lupin: Lupin flour.

Dessert Menu

Dessert of the Week Priced weekly

Ask server for allergens

Mixed berry and apple crumble..... €8.50

Homemade apple and mixed berry filling with a shortbread crumble, topped with vanilla ice cream. | (1(wheat),3,6,7)

Sticky Toffee Pudding..... €8.50

Homemade sticky toffee pudding with caramel sauce and cookies & cream ice-cream. | (1 (wheat), 3, 6)

Chocolate Brownie..... €8.50

Chocolate brownie served with caramel sauce, white chocolate shavings, shortbread crumble and vanilla ice-cream. | (1(wheat), 3,6,8)

Glenside Cheesecake..... €8.50

Please ask your server to see which cheesecake we have today.
(1(wheat) 3,6)

Selection of Premium Ice Creams..... €8.50

Served with crunchy crumble and chocolate sauce. | (1(wheat),3,6,7)

Jelly and Ice Cream €6.95

(3, 6)

Selection of daily baked pastries served with tea or choice of coffee €6.50

Flavoured syrup Additional €0.50 in hot drinks | Please ask you server. (3, 6)

Selection of Hot Liquors available on request

Irish Coffee, Calypso Coffee, Bailey's Coffee. (6)

Extensive Selection of cocktails Liquors, & Aperitifs available on request

Ask staff for details or see our drinks menu for a wider selection

the 1990s, the number of people in the world who are undernourished has increased from 650 million to 800 million (FAO 2001).

There are many reasons for this increase. One of the main reasons is the rapid population growth in developing countries. The world population is expected to reach 9 billion by the year 2050 (United Nations 2004). This increase in population will put a tremendous pressure on the world's food resources. Another reason is the increasing demand for meat and dairy products. As people's diets change, they are consuming more animal products, which require more land and resources to produce.

There are also several other factors that contribute to the increase in undernourishment. These include the loss of arable land due to urbanization and deforestation, the depletion of soil nutrients, and the increasing incidence of drought and other natural disasters. All of these factors are likely to continue to have a negative impact on the world's food supply in the future.

It is clear that the world's food supply is under increasing pressure. It is essential that we take action to address this problem. One of the most important steps is to increase the efficiency of our food production systems. This can be done by using better farming practices, such as crop rotation and the use of fertilizers and pesticides. It is also important to reduce food waste and to encourage people to eat more plant-based foods.

Another important step is to improve the distribution of food. In many developing countries, food is often lost or wasted before it reaches the people who need it. This is due to a lack of infrastructure, such as roads and storage facilities. It is important to invest in these areas to ensure that food can be transported and stored safely. Finally, it is important to address the underlying causes of poverty and inequality. People who are poor and living in rural areas are most at risk of being undernourished.

There are many ways in which we can address these issues. One of the most important is to support small-scale farmers in developing countries. These farmers are often the most vulnerable to food insecurity. They need access to credit, technical assistance, and markets. It is also important to support research and development in agriculture, particularly in the area of crop improvement and sustainable farming practices.

Finally, it is important to raise awareness of the issue of food security. People need to understand the importance of food and the impact of their choices. We need to encourage people to eat more healthily and to reduce their consumption of meat and dairy products. We also need to encourage people to support local food systems and to reduce their reliance on imported food.