

Gluten Friendly Menu

Appetisers

Chef's Soup of the Day (Check Daily)	5.50
Caesar Salad, mixed salad of baby gem, cajun chicken, parmesan shavings & a creamy caesar dressing	8.30 V*
Chilled Spiced Chicken & Mango Salad, with a peanut & soy dressing	8.95*
Grilled Vegetable & Caramelised Goats Cheese Salad, with a balsamic dressing	9.95V
Duo of Dressed Crab & BBQ Smoked Salmon Arancini with a BBQ Aioli	9.95
Goodness Bowl, filled with spinach, quinoa, spiced chickpeas, beetroot, carrot, pumpkin seeds, sunflower seeds, toasted walnut & a citrus vinaigrette	8.95*V

*** Denotes starters available as Main Course size at a cost of €15.95**

V Denotes is or can be made suitable for vegetarians

**All main courses served with your choice of chips,
baby boiled or gratin potatoes, except where rice is served.**

Main Courses

Mexican Chicken and Mixed Pepper Wrap, topped with a spicy tomato sauce, cheese, sour cream & garnished with guacamole	14.85 V
Spicy Beef Burrito, toasted tortilla wrap filled with chilli beef, cheddar cheese, jalapenos & Mexican rice served with sour cream guacamole	15.50V
8oz Beef Burger, topped with crisp bacon, melting Wexford cheddar & a soft fried egg, served in a gluten free bun with iceberg, tomato, onion & our own burger sauce garnished with a whole gherkin	15.50
Thai Green Chicken & Vegetable Curry, finished with basil & chilli, served with steamed basmati rice	16.25
Oven Baked Chicken Supreme, served on a bed of Lyonnaise potatoes with carrot puree & a red wine jus	16.65
6oz Steak, served with sauté onions & mushrooms and a creamy peppercorn sauce	16.95
Crispy Fried Duck, Vegetable & Cashew Nut Stir Fry, tossed in a sweet chilli & oyster sauce with steamed basmati rice	18.50
Seafood Mornay, chunky pieces of cod, salmon, smoked haddock & prawns in a creamy cheese sauce	18.75
Pan Seared Seabass, served on a bed of lightly fried green with a white wine cream & drizzled with an herb oil to finish	18.95
Oven Baked Salmon, with a prawn & saffron mousse, topped with smoked salmon, served on asparagus spears with white wine cream	18.95
10oz Sirloin Steak, cooked to your liking, served with sautéed mushrooms & onions, served with a choice of sauces – creamy peppercorn sauce or garlic butter	25.50

<u>Vegetarian Options</u>	Thai Style Vegetable Curry Served with basmati rice	14.55V
	Vegetarian Burrito , toasted tortilla wrap with stir fry vegetables in a spicy tomato sauce with Mexican rice & cheddar cheese served with sour cream & guacamole	14.55V
	Chickpea & Herb Falafels , served with hummus, mint yoghurt, tomato, red onion & mixed leaves	14.55V

<u>Side Dishes</u>	* hand cut chips* baby boiled potatoes * sautéed onion * sautéed mushrooms * gratin potatoes * mixed salad bowl (mixed leaves, cherry tomatoes, peppers & olives) * boiled rice	All side orders 3.75
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All our Beef is of Irish Origin
Our Fish is locally caught and subject to availability

<u>Sandwich Corner</u>	Riverbank Toasted Special , gluten free bread toasted with our own home cooked ham, Wexford cheddar, tomato & onion	10.35 V
	Slow Cooked Pork Belly Sandwich , with spicy coleslaw & BBQ sauce	12.95
	Riverbank Club Sandwich , filled with bacon, tomato, iceberg, chicken, egg mayonnaise, onion & Wexford cheddar	11.95
	Caribbean Style Grilled Chicken, Bacon & Pineapple Sandwich , served in a coeliac bun	12.45
	Open Mexican Style Steak Sandwich , marinated beef served on coeliac toast with guacamole, sautéed peppers & red onion, sour cream	12.95

***All items in Sandwich Corner are available on Gluten Free Bread/Wraps.**
Please advise your waiter
All items in Sandwich Corner served with hand cut chips

<u>Desserts</u>	Pistachio Meringue , served with raspberry compôte & lemon curd ice cream	6.50
	Frozen Peanut Butter Cheesecake , topped with chocolate sauce & toffee popcorn	6.50
	Selection of Wexford Luxury Ice Cream , served on meringue discs	6.50
	Warm Chocolate Chip Brownie , served with butterscotch sauce & hazelnut ice cream	6.50
	Riverbank Cheese Board , served with homemade red onion marmalade & grapes	9.95

All desserts, like all our dishes are made in house

<u>Beverages</u>	Tea	2.70	Coffee (freshly ground Americano)	2.70
	Speciality Tea	3.00	Large Coffee	3.15
	Cappuccino/Macchiato/Flat White	3.10	Latte/Mocha	3.40
	Hot Chocolate	3.80	Espresso	2.70

Allergens Full food allergy information for our A La Carte Menu & Children's Menu available. Your waiter will advise.

Wine List Full wine list available. Your waiter will assist you

