

# Sample Communion Menu

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## FIRST COURSE

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### Trio of Galia, Cantaloupe & Watermelon

Served with a Summer Fruit & Berry Coulis

### ARDSALLAGH Goats Cheese Salad

Candied Walnuts, Beetroot pickle, Crostini. Organic Mixed Leaves. Contains: 1,3,5,7,8.

### Oriental Duck Spring Rolls

Hoi Sin Mayo, Organic Tossed Leaves, Toasted Pine Nuts. Contains: 1,3,4,6,7,8,11,12

### A Symphony of Creamy Chicken and Mushroom

Served in a Golden Pastry Case. Contains: 1,7,10

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## SECOND COURSE

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### Fresh Country Garden Vegetable Soup

Twist of Cream and Croutons. Contains 1,3,7

### Classic Chicken & Smoked Bacon Caesar Salad

Baby Gem leaves, Parmesan Shavings, Garlic Crouton, Caesar Dressing. Contains: 1,3,7,10

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## THIRD COURSE

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### Slow Roasted Irish Angus Beef with a Yorkshire Pudding

Classic Red Wine Jus. Contains: 1,3,7,12

### Baked Fillet of Hake with a Herb Crust

White Wine and Dill Sauce. Contains: 1,4,7,12

### Roast Turkey & Honey Baked Ham

Potato & Herb Stuffing and Homemade Pan Gravy. Contains: 1,3,7,10,12

### Roasted Supreme of Chicken

Mustard Mash, Whiskey Mushroom Cream Sauce. Contains: 1,12

### Chargrilled 8Oz Irish Angus Sirloin Steak

Choice of Garlic Butter or Pepper Sauce Contains: 1,8 (€8.00 supplement)

**\*All Main Courses are Served with a Melody of Garden Vegetables & Potatoes \***

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## DESSERTS

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### Dessert Plate Selection

From our Pastry House

### Fresh Brewed Tea or Coffee

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## ALLERGENS

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1: Cereals (contains flour) 2:Crustaceans 3:Eggs 4:Fish 5: Peanuts 6: Soybeans 7:Milk 8:Nuts  
9:Celery 10:Mustard 11:Sesame Seeds 12:Sulphites 13:Lupin 14:Molluscs