



STARTERS

Chef's Homemade Vegetable Soup {€4.25} C D CY
Served with Crusty Roll

Fresh Garlic Ciabatta Bread {€4.25} C D
With Cheese {€4.95}

Baked Potato Skins {€7.25} D
Filled with Bacon & Cheese
Served with Sour Cream

Grilled Chicken Caesar Salad {€6.25} C D
Served with Crispy Bacon & Garlic Croutons,
Fresh Parmesan & Caesar Dressing

Prawn Cocktail {€7.25} C D EG CR SF
Served with Marie Rose Sauce
On Wheaten Bread & Dressed Leaves

Chilli Beef Nachos {€5.25} C D
With Cheddar Cheese & Sour Cream

Goats Cheese Tartlet {€7.25} C D EG SY
Filled with Caramelised Onion,
Five Mile Town Goats Cheese
Served on a Rocket Salad

Trio of Mini Slider Burgers {€7.25} C D EG DX
Served with Caramelised Onions & Cheese



N Peanuts SY Soya EG Egg CY Celery FH Fish SF Shellfish SE Sesame
MD Mustard SP Sulphur D Dairy CR Prawns DX Dextrose C Cereal LP Lipin

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Please note that tables are allocated for 2½ hour slots during busy periods

FROM THE FARM

8oz Steak & Char Grilled Chicken {€24.95} C D SY SP

Topped with Tobacco Onions, a Sauce of Your Choice & Side Order of Your Choice

Steak on a Stone {€26.95} D MD SY SP

100% Sirloin cooked at Your Table on a hot Lava stone
Served with 3 Sauces, a Rocket & Parmesan Salad & a Side Order of Your Choice

10oz Prime Irish Sirloin {€22.95} C D SY SP

Cooked to Your liking served with Tobacco Onions & Creamy Peppercorn Sauce & a Side Order of Your Choice

Steak Sandwich {€15.95} C D SY SP

6oz Sirloin Steak Topped with Mushroom & Onion served on toasted Garlic Ciabatta with Peppercorn Sauce & a Side Order of Your Choice

Strikes Steak Burger {€13.95} C D MD DX SP

Topped with Bacon & Cheese or Saute Onions & Relish & Side Order of Your Choice

CHICKEN COUPE

Creamy Chicken Curry {€14.50} C D MD CR CY

Chefs Own Curry Sauce with Chicken Pieces & Vegetables
Served with Basmati Rice & Prawn Crackers
½ Rice & ½ Fries {€1.50}

Sweet Chilli Chicken Bowl {€15.95} C D EG

Saute Chicken & Vegetables in a mild Chilli Cream
Served with Basmati Rice & Garlic Bread

Southern Fried Chicken Goujons {€14.50} C D EG DX

Homemade Chicken Coated in Southern Fried Crumb
Served with Crispy Onion Rings, Garlic & Barbecue Dip
& Served with a Side Order of Your Choice

Chicken Fajita {€15.95} C D

Chicken Strips dusted in Fajita Seasoning,
Bell Peppers & Onions with Sour Cream & Guacamole
Delivered Sizzling to Your Table
Plus a Side Order of Your Choice

Arena7 Chicken Breast {€15.95} C D

Breast of Chicken served with Cheddar Cheese
& Tobacco Onions & a Choice of Sauce
(Smoked Bacon & Mushroom, Pepper or Smoked BBQ)

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ITALIAN CORNER

Penne Pasta Carbonara {€13.50} C D EG N

Penne Pasta Tossed in Bacon & Mushroom Cream Sauce,
Fresh Parmesan & Garlic Bread

Italian Style Lasagne Bolognese {€14.50} C D EG N

Italian Style Bolognese
Served with Garlic Bread & Tossed Salad

FROM THE SEA

Traditional Fish & Chips {€14.50} C FH EG SP

Fresh Fillet of Haddock cooked in a Light Beer Batter
Served with Chips & Mushy Peas

Oven Baked Salmon {€17.95} C D FH CY SP

On Creamy Chilli Noodles or
Potatoes and Vegetables

VEGETARIAN DISHES

Oriental Vegetable Stir Fry {€14.50} D EG N SY

Stir Fried Vegetables in a sweet Soya Sauce
Served with Egg Noodles

Jalfrezi Curry {€14.50} C D CY MD

Saute Vegetables on a medium Spiced Tomato Curry
Served with Basmati Rice & Poppadum

ARENA7 SPECIALS

Roast Sirloin of Beef {€13.50} C D EG SY SP

Yorkshire Pudding & Pepper Sauce
Served with Potatoes and Vegetables

Traditional Roast Stuffed

Turkey & Ham {€12.50} C D SY SP

Served with Cranberry Sauce,
Potatoes and Vegetables

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SALAD BOWLS

Warm Chicken Salad {€14.50} D N SP

Pan Fried Chicken Escalope with Sweet Chilli & Garlic Glaze
Served with Saute Potatoes & Dressed Salad

Cajun Chicken Caesar {€14.50} C D N

Traditional Chicken Caesar Salad,
Grilled Chicken, Crispy Bacon, Garlic Croutons,
Cos Lettuce, Parmesan & Fresh Pesto

SIDE ORDERS

Mashed Potatoes {€3.75} D SP

Garlic Potatoes {€3.75} D SP

Baby Boiled Potatoes {€3.95}

Saute Onions {€3.75} D

Tossed Salad {€3.75} D N

Chunky Homemade Chips {€3.75} SP

Medley of Vegetables {€3.75} D

French Fried Onions {€3.75} C D DX

Saute Mushrooms {€3.75} D

Rocket & Parmesan Salad {€3.95} D N

Tobacco Onions {€3.75} C D

DESSERTS

Cheesecake of the Day {€5.95} C D N

Chocolate Fudge Cake {€5.95} C D N EG

Baked Alaska in a Cappuccino Cup {€5.95} C D N EG

Ice Cream Sundae {€5.95} C D N EG

Baked Apple Pie & Ice Cream {€5.95} C DX N EG

Selection of Ice Cream {€4.95} D N EG SY

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SUNDAY LUNCH

(Available Sunday 12noon - 4pm only)

STARTERS

Chef's Homemade Vegetable Soup C D CY
Served with Crusty Roll

Chilled Atlantic Prawns C D CR EG SF
Served on Crispy Iceberg Lettuce
Topped with Maire Rose Sauce

Traditionally Dressed Egg Mayonnaise Salad C D EG

MAIN COURSES

Roast Sirloin of Beef C D EG SY SP
Yorkshire Pudding & Cream Pepper Sauce

Roast Stuffed Turkey & Ham C D SY SP
Served with Cranberry Sauce

Oven Baked Fillet of Salmon D CR FH CY SP
White Wine & Prawn Cream

(ALL THE ABOVE SERVED WITH POTATO
& SEASONAL VEGETABLES)

DESSERTS

Chocolate Fudge Cake C D EG N

Apple Pie served with Cream C D N EG

Trio of Ice Cream D N SY EG

See Your Server for Dessert of the Day

TEA/COFFEE

4 Course Sunday Lunch {€19.95}

N Peanuts SY Soya EG Egg CY Celery FH Fish SF Shellfish SE Sesame
MD Mustard SP Sulphur D Dairy CR Prawns DX Dextrose C Cereal LP Lipin

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PANINI'S, WRAPS & SANDWICHES

Homemade Sandwich & Soup {€7.25}

Creamy Vegetable Soup **D**

Sandwich has a choice of two fillings **C**
{extra filling .50c}

Chicken, Ham, Cheese, Salad, Egg & Onion,
Tuna, Stuffing, Caramelised Onion.

Sauces: Sweet Chilli, BBQ, Taco

or Mayonnaise **D FH EG DX**

Crispy Chicken Goujon Wrap {€8.95} **C D EG SP**

Chicken, Lettuce, Cheese, a Choice of Sauce
Served with Salad & Fries

Sweet Chilli Chicken Panini {€8.50} **C D EG SP**

Chicken, Cheese, Red Onion
& Sweet Chilli Mayonnaise
served with Salad & Fries

BLT Panini {€8.50} **C D EG SP**

{Add Chicken €9.50}

Crispy Bacon, Mixed Lettuce,
Juicy Tomatoes, Mayo
Served with Salad & Fries

Chicken Supreme Panini {€8.50} **C D EG SP**

Chicken, Crispy Smoked Bacon,
Cheese & BBQ Sauce
Served with Salad & Fries

Hawaiian Panini {€8.50} **C D EG SP**

Ham, Cheese, Pineapple
Served with Salad & Fries

Tea/Coffee & Scone {€3.75} **C D EG**

Delicious Scone with Cream & Jam
Served with Tea/Coffee

Baked Potatoes {€6.25} **D**

Choice of Filling:

Bacon & Cheese, Baked Beans & Cheese,
Tuna Mayonnaise & Onion **D EG FH**
or Caramelised Onion & Goats Cheese
Served with Salad & Coleslaw

COELIAC MENU

STARTERS

Chef's Homemade Vegetable Soup {€4.25} C D CY

Chilled Atlantic Prawn Cocktail {€7.25} C D EG CR SF
Mixed Leaves Topped with Marie Rose Sauce

Baked Potato Skins {€7.25} D
Filled with Bacon & Cheese
Served with Sour Cream

MAIN COURSES

10oz Prime Irish Sirloin Steak {€22.95} D SY SP
Cooked to your liking, Saute Onions,
Mushrooms & Creamy Peppercorn Sauce
Plus a side order of your choice

Steak on a Stone {€26.95} D N MD SY SP
100% Sirloin cooked at Your Table
on a hot Lava stone served with 3 Sauces
Plus a Rocket & Parmesan Salad

Char Grilled Chicken {€15.95} D SY SP
On a Bed of Creamy Mashed Potatoes
Served with Pepper Cream Sauce or Pan Gravy

Sweet Chilli Chicken Stir Fry {€14.95}
Served with Saute Vegetables & Fluffy Rice

Oven Baked Salmon {€17.95} D CY FH SP SP
Served with Potatoes and Vegetables

DESSERTS

Strawberry & Cream Meringue {€5.95} D EG

Hot Chocolate Sundae {€5.95} D N EG

**PLEASE ALWAYS ENSURE THAT YOU INFORM
YOUR SERVER OF YOUR DIETARY REQUIREMENTS
BEFORE ORDERING.**

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