

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
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

FROM THE FARM

8oz Steak & Char Grilled Chicken {€24.95} C D SY
Topped with Tobacco Onions, a Sauce of Your Choice
& Side Order of Your Choice

Steak on a Stone {€26.95} D MD SY
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
Cooked to Your liking served with Tobacco Onions &
Creamy Peppercorn Sauce & a Side Order of Your Choice

Steak Sandwich {€15.95} C D SY
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
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)

ARENA7 SPECIALS

Roast Sirloin of Beef {€13.50} C D EG SY
Yorkshire Pudding & Pepper Sauce
Served with Potatoes and Vegetables

Traditional Roast Stuffed Turkey & Ham {€12.50} C D SY
Served with Cranberry Sauce, Potatoes and Veg

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 with Garlic Bread & Tossed Salad

FROM THE SEA

Traditional Fish & Chips {€14.50} C FH EG
Fresh Fillet of Haddock cooked in a Light Beer Batter
Served with Chips & Mushy Peas

Oven Baked Salmon {€17.95} C D FH CY
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 with Egg Noodles

Jalfrezi Curry {€14.50} C D CY MD
Saute Vegetables on a medium Spiced Tomato Curry
Served with Basmati Rice & Poppadum

SALAD BOWLS

Warm Chicken Salad {€14.50} D N
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
Garlic Potatoes {€3.75} D
Baby Boiled Potatoes {€3.95}
Saute Onions {€3.75} D
Tossed Salad {€3.75} D N
Chunky Homemade Chips {€3.75}
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



WOOD BERRY COELIAC MENU

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

STARTERS

CHEF'S HOMEMADE VEGETABLE SOUP C D CY
{€4.25}

**CHILLED ATLANTIC
PRAWN COCKTAIL** C D EG CR
Mixed Leaves Topped with Marie Rose Sauce
{€7.25}

BAKED POTATO SKINS D
Filled with Bacon & Cheese
Served with Sour Cream
{€7.25}

MAIN COURSE

100Z PRIME IRISH SIRLOIN STEAK D SY
Cooked to your liking, Saute Onions,
Mushrooms & Creamy Peppercorn Sauce
Plus a side order of your choice
{€22.95}

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

CHAR GRILLED CHICKEN D SY
On a Bed of Creamy Mashed Potatoes
Served with Pepper Cream Sauce or Pan Gravy
{€12.50}

SWEET CHILLI CHICKEN STIR FRY
Served with Saute Vegetables & Fluffy Rice
{€14.95}

OVEN BAKED SALMON D CY FH
Served with Potatoes and Vegetables
{€17.95}

DESSERT

STRAWBERRY & CREAM MERINGUE D EG
{€5.95}

HOT CHOCOLATE SUNDAE D N EG
{€5.95}

WOOD BERRY BANQUET MENU

AVAILABLE ALL WEEK AT ARENA7'S WOOD BERRY GRILL

STARTERS

CHEF'S HOMEMADE VEGETABLE SOUP
served with Crusty Roll

GRILLED CHICKEN CAESAR SALAD
Crispy Bacon & Garlic Croutons,
Fresh Parmesan & Caesar Dressing

CHILLED ATLANTIC PRAWN COCKTAIL
Mixed Leaves Topped with Marie Rose Sauce

BAKED POTATO SKINS
Filled with Bacon & Cheese served with Sour Cream

MAIN COURSE

**80Z PRIME IRISH SIRLOIN STEAK
(COOKED TO YOUR LIKING)**
Served with Crispy Onion Rings & Creamy
Peppercorn Sauce

BBQ CHICKEN BREAST
Topped with BBQ Sauce, Melted Cheddar
& Tobacco Onion

GRILLED FILLET OF SALMON
Served on Mash with Smoked Bacon and
Mushroom Cream

CHEF'S HOMEMADE CHICKEN CURRY
Served with Rice & Prawn Crackers

MIXED VEGETABLE STIR FRY
Served with Egg Noodles Sesame Soy & Ginger

DESSERT

PLEASE SEE YOUR SERVER
For Tonight's Selection of Desserts

**2 COURSES
+ TEA/COFFEE
€21.95**

**3 COURSE
& TEA/COFFEE
€24.95**

ADD...
Bowling,
Laser Quest
or Karaoke
for €3