



Eggs on toast, scrambled, fried or poached - £4.95

The Heifer Fry - £8.95

2 bacon, 2 sausage, egg, black pudding, soda bread, mushroom & tomato.

French Toast - £6.95

homemade cinnamon brioche, mixed berries, vanilla mascarpone & maple syrup

Potato & Chorizo Hash (GFO) - £9.95

crispy potatoes, chorizo & west Cork black pudding, confit tomato, mushroom & spinach topped with poached egg & sriracha sauce.

Avocado Smash (GFO) - £9.95

poached egg, avocado smash & balsamic roasted tomatoes, toasted sourdough with rocket, herb oil & balsamic glaze.

ABOVE ITEMS NOT AVAILABLE AFTER 2pm THUR - SAT & 1pm on SUNDAYS ☹️

Soup - £4.95

Homemade and served with freshly baked Guinness & treacle wheaten.

Seafood Chowder - £8.95

served with freshly baked Guinness & treacle wheaten.

Chicken Flatbreads - £8.95

coriander flavored flatbread, topped with marinated chicken, heirloom tomato salsa, rocket & yoghurt dressing

Cajun Chicken Ciabatta - £8.95

Asian slaw, house salad & cup of skinnies

Daily Toastie - £5.95

on toasted sourdough, Asian slaw & chunky chips.

Heifer 'Wings' - £8.95 or 1/2 kg £12.95

crispy chicken wings in our secret hot sauce, garlic mayo

Crispy Aromatic Beef - £8.95

crispy strips of succulent beef, chopped cucumber and spring onions and a drizzle of hoisin sauce.

Autumn Salad Bowl - £8.95

beetroot, butternut squash, sweet potato, feta, pumpkin seeds, grilled tomato, topped with chicken or crispy prawn. £3 extra



Crispy Panko Prawns - £7.95

4 jumbo prawns served with a selection of dips,
franks mayo, soy & sesame, jalapeno mayo, chili & lime aioli.

Fish n Chips - £12.95

crispy battered Cod, chunky chips, mushy peas, marie rose dip.

Southern Fried Chicken Tenders - £9.95

chunky chips, franks mayo dip & house salad.

Cheesy Garlic Fries - 6.95

skinny fries topped with garlic mayo & grated cheese.

Loaded Potato Wedges - 7.95

sea salt & rosemary chunky wedges topped with bacon & cheese, chipotle & garlic
mayo & spring onions.

Bowl of Fresh Carlingford Bay Mussels - £8.95

creamy garlic & fresh herb veloute, ciabatta bread to dip.

Vegan Lasagne - £15.95

layers of baked celeriac & vegetables in a rich tomato sauce, topped with basil
cashew cream & a side of sauté baby potatoes.

THE FOLLOWING ITEMS INCLUDE A SIDE

Prawn & Cod - £16.95

prime prawn meat
in a lemon & herb panko crumb & fresh cod in a buttermilk batter, spiced marie rose
dip & house salad

14oz Sirloin (GFO) - £24.95

Prime Irish 14oz sirloin steak, onion rings & peppered.

6 oz Fillet (GFO) - £21.95

Topped with onion rings & peppered sauce.

Steak Sandwich (GFO)- £21.95

12oz sirloin steak, garlic bread, onion rings & peppered.

Heifer Burger - £14.95

8oz beef burger, or, crispy coated Chicken fillet, toasted brioche, iceberg
lettuce, mayo & Ballymaloe relish.