

LIGHT & HEARTY

Fresh Soup of Day €4.95
Homemade brown bread
(egg, wheat, milk, celery)

Chicken Wings €7
Crispy chicken wings, bbq sauce
or sweet chilli sauce,
(egg, wheat, milk, barley)

Caesar Salad €8
Baby gem, bacon bits,
herb croutons,
parmesan & Caesar dressing
(egg, wheat, milk, mustard)

**Salt & Pepper
Chicken Salad** €10
Chicken strips, baby gem,
cherry tomatoes, cucumber,
red onion, red peppers
& sweet chilli sauce
(egg, wheat, milk)

Chicken Caesar Salad €11
Grilled chicken, baby gem,
bacon bits, herb croutons,
parmesan & Caesar dressing
(egg, wheat, milk, mustard)

PROTEIN PACKED, FULL OF GOODNESS

Cheese & Onion Omelette €10.50
Mature cheddar cheese, scallions,
spicy wedges & mixed baby leaves
(egg, milk, mustard)

The 44 Omelette €10.50
Bacon, mature cheddar cheese,
scallions, spicy wedges
& mixed baby leaves
(egg, milk, mustard)

FAST & FILLING

Build Your Own €5.50
Choose any 3 fillings
with your choice of bread
- white, brown or sourdough
& ready salted crisps
(egg, wheat, milk)

Cajun Wrap €6.95
Tomato wrap, Cajun chicken,
veg strips, mayo, chilli sauce,
rocket & crinkle cut crisps
(egg, wheat, milk, mustard)

Falafel Wrap €6.95
Spinach wrap, falafel,
diced cucumber, cherry tomatoes,
garlic mayonnaise,
mixed leaves & crinkle cut crisps
(egg, wheat, milk, mustard)

The 44 BLT €8.50
Bacon, lettuce, tomato,
mayonnaise, fried egg,
toasted bread
& ready salted crisps
(egg, wheat, milk, mustard)

The 44 Club Sandwich €10.50
Grilled chicken fillet, bacon,
mixed leaves, tomato, red onion,
mayonnaise, toasted bread
& ready salted crisps
(wheat, milk, mustard)

**Add a Small Soup
to Any of the Above - €3**

**Add Each Extra Filling
to Any of the Above - €1**

All our beef is 100% Irish sourced & supplied by Heaney Meats & Musgraves.

Although we strive to provide gluten free options, please be aware they are not prepared in a gluten free environment. Please let your server know if you have any dietary requirements.

THE MAIN EVENT

Chicken Wings €12.90
Large portion - crispy chicken wings,
bbq sauce or sweet chilli sauce,
skinny fries & garlic mayo
(egg, wheat, milk, barley)

**Asparagus & Wild
Mushroom Fettuccine** €13
With tarragon cream sauce,
parmesan & wilted rocket
(egg, wheat, milk, celery)

**Smoked Chicken & Wild
Mushroom Fettuccine** €13.50
Tarragon cream sauce,
parmesan & wilted rocket
(egg, wheat, milk, celery)

The 44 Fish & Chips €14.95
Beer Battered Hake,
mushy peas, skinny fries
& tartar sauce
(egg, wheat, milk, mustard, fish)

Steak on a Stone €19.95
8oz sirloin steak served on hot stone,
pepper sauce, skinny fries
& beer battered onion rings
(egg, wheat, milk)

ON THE SIDE

Seasonal Garden Salad €4
(milk, mustard)

Beer Battered Onion Rings €4
(egg, wheat, milk)

Spicy Wedges €4

Skinny Fries €4

Loaded Skinny Fries €5.50
Garlic butter & grated cheese
(egg, milk)

IN A BUN

Crispy Chicken Burger €15.95
Crispy chicken fillet, toasted
brioche bun, guacamole, red onion,
tomato, mayonnaise, baby gem
& skinny fries
(egg, wheat, milk, mustard)

The 44 Cheese Burger €15.50
Homemade beef burger,
toasted brioche bun, Dubliner cheese,
Ballymaloe relish, red onion, tomato,
mayonnaise, baby gem, skinny fries
(egg, wheat, milk, sulphites, mustard)

The 44 Deluxe €17.50
Homemade beef burger,
toasted brioche bun, bacon, cheese,
Ballymaloe relish, onion marmalade,
tomato, mayonnaise, baby gem,
beer batter onion rings & skinny fries
(egg, wheat, milk, sulphites, mustard)

FLAVORS OF ITALY

Classic Margherita 12" Pizza €9.50
Tomato sauce, grated mozzarella
& oregano
(egg, wheat, milk)

Pepperoni 12" Pizza €11.50
Tomato sauce, grated mozzarella
& oregano (egg, wheat, milk)

Veggie Delight 12" Pizza €13.50
Tomato sauce, mozzarella, courgette,
red pepper, cherry tomato, falafel,
rocket & oregano
(egg, wheat, milk)

Rusticana 12" Pizza €14.50
Tomato sauce, mozzarella,
cherry tomatoes, goats cheese,
rocket, parma ham & oregano
(egg, wheat, milk)