

ALLERGENS	Fish	F	Milk	MK	Sulphites	SP	
Gluten	G	Molluscs	M	Celery	CY	Lupin	L
Crustaceans	C	Soybean	S	Mustard	MD	Nuts	N
Eggs	E	Peanut	P	Sesame Seed	SS	(X) Gluten Free	

Please be aware that all of the listed allergens are in active use throughout our kitchen. While utmost care is taken in preparation, some cross contamination may occur.

TO START

Homemade Soup of the Day (X on request) €4.95
Homemade Dicks Stout Brown Bread or Fresh Roll *MK, SS, G, SP, N, E (Walnuts)*

Golden Deep-Fried Button Mushrooms €6.75
Baby Gem Leaves, Homemade Roast Garlic Mayonnaise *G, MK, SP, MD, N, E*

Hot & Spicy Chicken Wings (X on request) **Starter €7.95**
Coated in our Signature Hot Sauce, **Main €13.50**
Blue Cheese Dip & Celery Sticks *G, MK, N, CY, MD, SS, SP, E*

Woodlands Chicken & Mushroom Vol au Vent *G, E, N, MK, CY, SP, P* **Starter €7.25**
Main €15.50

Trio of Seafood - Garlic Roasted Langoustine, €12.50
Crab Cocktail with Baby Gem, Red Onion, Capers and Seafood Sauce,
Smoked Salmon with Homemade Brown Bread Celeriac Remoulade *G, C, E, F, M, MK, CY, MD, SP, L, N*

Smoked Bacon, Brie and Sweet Potato Cake €8.50
With Pickled Red Cabbage and Jalapeno Mayo *G, E, S, MK, CY, SP, N*

Bally Goats Cheese Cheesecake €8.95
Bally Sweet Chilli and Honey Goats Cheese with a Walnut Biscuit Base,
Red Onion Jam and Beetroot Puree *G, MK, CY, MD, SP, N*

SALAD CORNER

Mediterranean Rocket Salad **Starter €8.95**
Feta, Chickpea, Cucumber, Red Onion, Pickled Red Cabbage, **Main €13.95**
Cherry Tomato and Homemade Pesto *S, MK, CY, N*

Black Pudding Nicoise Salad **Starter €8.95**
Baby Gem, Boiled Egg, Green Beans, Baby Potatoes, Cherry Tomatoes, **Main €13.95**
and Gherkins with a Honey and Balsamic Vinaigrette *E, CY, MD, SP*

Woodlands Style Chicken & Bacon Caesar Salad (X on request) **Starter €8.95**
Warm Lemon & Chilli Chicken, Wilmott's Bacon, Gem Lettuce, **Main €13.95**
Cherry Tomato, Herb Crouton, Caesar Dressing *G, MK, F, MD, SP, E*

SANDWICH BAR

BBQ Pulled Pork €14.95
10 hour Slow Cooked Pulled Pork in a Rich BBQ Sauce in a Brioche Bun,
Red Cabbage Slaw and Chips *G, E, MK, CY, MD, SP*

Steak and Cheese Garlic Ciabatta €16.95
Szechuan Marinated 4oz Minute Steak, Sautéed Onion, Monterey Jack Cheese,
Roasted Garlic Mayo Dip and Chips *G, E, S, P, MK, CY, MD, SS, SP, N*

Tuna Melt Baguette €8.95
Tuna in a Lemon and Dill Mayo in a Sourdough Baguette topped with Mozzarella and
Redcurrant Dressing *G, E, F, MK, CY, MD, SP, N*

Bally Garlic and Thyme Goats Cheese €9.50
Bally Garlic and Thyme Goats Cheese, Roast Red Pepper and Avocado Panini *G, S, MK, CY, N*

Smoked Bacon Brioche Bun €8.95
Smoked Bacon, Ballymaloe Relish, Effin Chilli Cheese and Dressed Rocket *G, E, S, P, MK, CY, MD, SS, SP, N*

Pizza Menu

Woodlands 12" Pizza (X on request) €12.95
Thin & Crispy Pizza Base topped with Tomato Sauce & Irish Mozzarella Cheese *G, SP, MK*

Additional Toppings Available
Irish Chorizo, Pepperoni, Smoked Bacon, Chicken, Ham, Pineapple,
Mushrooms, Peppers, Sweetcorn, Feta Cheese *MK*, Goats Cheese *MK*, Extra Cheese *MK*,
Spinach, Rocket, Chilli Flakes **80c per extra topping**

FROM THE CHAR-GRILL

40 Day Aged 10oz Red Hereford Sirloin Steak (X on request) €26.95
Served with Creamed Garlic Mushrooms, Sautéed Onion, Peppercorn Sauce
or Garlic Butter *SP, MK, CY*
Served with two sides of your choice

Irish Red Hereford 7oz Burger (X on request) €16.50
On a Flour Blaa with Smoked Paprika & Roast Red Pepper Mayo,
Wilmott's Smoked Bacon, Cahill's Irish Stout Cheddar Cheese,
Homemade Pickled Cucumber served with Coleslaw and Chips *G, MK, CY, E, N, MD, SP*

Timmy Macs Chargrilled Chicken Burger (X on request) €16.50
With Smoked Bacon in a blend of House Spices served on a Flour Blaa
with Rocket, Guacamole, & Jalapeno Pepper Mayonnaise, served with Coleslaw
and Chips *G, MK, CY, N, SP, MD, E*

Mary's Organic Garden

"We believe in Farm to Fork. We have beef from our own farm at different times of the year, as well as herbs and vegetables from our organic garden, located to the rear of the hotel grounds." Mary

Produce available seasonally in our Organic Garden

Potatoes	Mixed Micro Greens	Baby Carrots
Purple Sprouting Broccoli	Micro Herbs - Basil, Dill, Coriander	Mangetout
Tomatoes	Sunflower Microgreens	Gem Lettuce
Kale	Leeks	Butter Head Lettuce
Red Cabbage	Salad Onion	Edible Flowers
Florence Fennel Bulb	Garlic	Radish
Dill	Beetroot	Chillies
Parsley	Chard	Cucumber
Chives	Basil	Turnip
Rosemary	Mint	Red Currants
Sage	Courgettes	Raspberry
Thyme	Runner Beans	Blackcurrant

TIMMY MAC'S FAVOURITES

Roast Supreme of Irish Chicken €17.50
Stuffed with Ardsallagh Goats Cheese and Roast Red Peppers,
served with Roast Baby Potato, Leek, Bacon & Spinach and Pesto Cream *G, MK, MD, CY, S, N*
Served with one side of your choice

Slow Roasted Wilmott's Pork Belly €14.50
with Sweet Potato Gratin, Pak Choi, Charred Apple, and Cider Jus *MK, SP, S, CY*
Served with one side of your choice

Dicks Stout Traditional Irish Brown Beef Stew €17.50
With Root Vegetables and Creamed Potato *MK, G, CY, SP, S*
Served with one side of your choice

Woodlands Chicken & Vegetable Fajita (X on request) (V on request) €17.50
With Guacamole, Sour Cream, Cheddar Cheese, Salsa,
and Tortilla Wraps on the side. Served with Chips *G, MK, SP, CY*

Woodlands Carbonara (X on request) €16.50
Penne Pasta with Irish Chicken, Wilmott's Smoked Bacon,
Spring Onion and Spinach, tossed in a Creamy White Wine & Parmesan Cream,
with Garlic Toast on the side *MK, G, SP*

Sweet Potato, Chick Pea and Spinach Curry (V) €14.95
With Coconut Rice

X - Gluten Free V - Vegan V - Vegetarian

From the Sea

Roast Fillet of Wild Atlantic Hake €16.95
With Sweet Potato Fondant, Chorizo, Lemon Dressed Spinach and Beetroot Salsa
Served with one side of your choice *F, SP, MK*

Beer Battered Fish and Chips €16.95
Pea Purée & Tartare Sauce *G, N, E, SP, MD, F*

SIDES

Roast Root Vegetables <i>MK, CY</i>	€3.95	Baby Potatoes <i>MK</i>	€3.95
Steamed Greens <i>MK</i>	€3.95	Creamed Potatoes <i>MK, SP</i>	€3.95
Seasonal Side Salad <i>MD, SP</i>	€3.95	Onion Rings <i>G, E, F, SP</i>	€3.95
Sweet Potato Fries <i>G, N</i>	€3.95	Sautéed Onions <i>MK</i>	€3.00
Chips <i>G, N</i>	€3.95		

GUARANTEED IRISH MENU

TO START

Hot & Spicy Chicken Wings (X on request)
Coated in our Signature Hot Sauce,
Blue Cheese Dip & Celery Sticks *G, MK, N, CY, MD, SS, SP, E*

Trio of Seafood
Garlic Roasted Langoustine,
Crab Cocktail with Baby Gem, Red Onion, Capers and Seafood Sauce,
Smoked Salmon
with Homemade Brown Bread Celeriac Remoulade *G, C, E, F, M, MK, CY, MD, SP, L, N*
Supplement €2

Smoked Bacon, Brie and Sweet Potato Cake
With Pickled Red Cabbage and Jalapeno Mayo *G, E, S, MK, CY, SP, N*

Black Pudding Nicoise Salad
Baby Gem, Boiled Egg, Green Beans, Baby Potatoes, Cherry Tomatoes
and Gherkins with a Honey and Balsamic Vinaigrette *E, CY, MD, SP*

MAIN COURSE

40 Day Aged 10oz Red Hereford Sirloin Steak (X on request)
Served with Creamed Garlic Mushrooms, Sautéed Onion,
Peppercorn Sauce or Garlic Butter *SP, MK, CY*
Supplement €7
Served with two sides of your choice

Roast Supreme of Irish Chicken
Stuffed with Ardsallagh Goats Cheese and Roast Red Peppers,
served with Roast Baby Potato, Leek, Bacon & Spinach
and Pesto Cream *G, MK, MD, CY, S, N*
Served with one side of your choice

Roast Fillet of Wild Atlantic Hake
With Sweet Potato Fondant, Chorizo, Lemon Dressed Spinach and Beetroot Salsa
Served with one side of your choice *F, SP, MK*

Sweet Potato, Chick Pea and Spinach Curry (V)
With Coconut Rice

SWEET TREATS TO FINISH

Woodlands Baked Alaska
Soft Sponge, Strawberries, and Adare Farm Vanilla Icecream,
topped with Golden Brown Baked Meringue *G, E, MK*

Woodlands Dark Chocolate Fondant
Served with Adare Farm Vanilla Ice-Cream *E, MK*

Vegan Chocolate Cake *G, S* (V)
with Soy Ice-Cream

Selection of Adare Farm Ice-Cream *E, MK, SP, S* (V on request)

€29.50

TEA OR COFFEE

Please ask your server if you have any dietary requirements.

VEGETARIAN AND VEGAN MENU

TO START

Mediterranean Rocket Salad

Chickpea, Cucumber, Red Onion, Pickled Red Cabbage, Cherry Tomato and Honey and Balsamic Dressing *G, S, N, SS, SP, CY* €7.75

Roast Red Pepper Bruschetta

Sean's Sourdough Bread topped with a rich Tomato Sauce, Roasted Peppers and Mozzarella *G, S, CY, SS, SP* €6.95

Roast Tofu and Vegetable Kebab

With Cherry Tomatoes, Mixed Peppers and Mushrooms served with Dressed Rocket and Roast Red Pepper Purée *S, CY, MD, SP* €8.95

MAIN COURSE

Sweet Potato, Chick Pea and Spinach Curry

With Coconut Rice €14.95

Pan Fried Tofu

Pan Fried Tofu with Roasted Veg with Beetroot Purée *CY, MD, S* €18.95

Sweet Potato and Bean Burger

With Avocado, Baby Gem, Beef Tomato and Chips *G* €16.95

SWEET TREATS TO FINISH

Raspberry Almond Tart *N almonds* €6.95

Carrot Cake *G, N Walnuts, Pistachio, S* €6.95

Chocolate Cake *G* €6.95

THE STORY OF

TIMMY & KITTY MCNAMARA

As the doors of Timmy Mac's Bistro open to welcome you, we would like you to know the story of the wonderful couple to whom it is dedicated.

When a young Dick Fitzgerald moved to Knockanes, Adare in 1967 he was befriended by Timmy McNamara, a man who made a profound impression on him, and his future wife Mary.

Here is their story... Timmy McNamara was born in Knockanes, Adare in 1900. As was traditional at the time, he left school at the age of 12 to work on the mixed farm at home. Timmy's father and Timmy himself were instrumental in forming the Black Abbey Co-operative in Adare, which still exists today.

Timmy worked for the Dunraven family in the 1930's, when they were building a new road to join their homes, in Kilgobbin and Kilcurley. It was while Timmy was building this road that he met his future wife, the elegant Kitty Foyle. Kitty was employed as lady-in-waiting to the Dunraven family who had just returned from the United Kingdom. It was while she was out for a walk with her ladyship that their paths crossed. They married in Kitty's home of Abbeyleix in June 1938.

When all the farm work was done, Timmy enjoyed his other great loves in life - music, poetry, storytelling and he was a regular at the Rambling House Nights in the Madigan household.

Timmy passed away on 14th January 1981 and was followed home only three weeks later by his beloved Kitty. We would like to extend our warmest thanks to Timmy and Kitty's remaining relatives, and all who have contributed to honouring the great Timmy and Kitty McNamara.

WE USE SOME OF THE BEST LOCAL SUPPLIERS



Adare Farm Ice-Cream



Brian Costello



Guiry's Free Range Eggs

Adare Farm Ice-Cream - Produced in Adare village using fresh milk and cream from the Relihans pedigree dairy herd, this luxury ice-cream uses only natural ingredients. Taste it and you will know why we choose this ice-cream.

Brian Costello - Based in Adare village we have bought our lamb from Brian for many years. All meat is from local farmers, not only is it guaranteed Irish but guaranteed quality.

Bally Goats Cheese - Jim and Breda Leahy, along with their son Seamus and daughter Norma from Newcastle West, are behind Bally Goats Cheese. The Leahys have 300 goats, and milk 120 of them. The cheese is made at Kerry Food Hub in Firies.

Guiry's Free Range Eggs - Land-loving local husband and wife team Mike and Christine Guiry deliver free range eggs to our kitchen several times a week. Free range eggs have a richer, larger, and more flavourful yolk.

Athea Pudding - Produced in the region by the Brouder family using traditional (and secret) recipes, this is a quality Irish farmhouse product.

Cahill's Cheese - Based in Newcastle West, Co. Limerick, the Cahill family have a dairy pedigree that spans more than a century, with cheese at the heart of this award winning brand.

Brian Wilmott - Brian supplies us with all our pork and bacon products. Brian is known and respected among Irish restaurateurs for dealing only with the highest quality Guaranteed Irish meat.

CS Fish - CS Fish is a family run business based in Doonbeg, Co. Clare, on "The Wild Atlantic Way". CS Fish ensures that the utmost care, quality and attention are given so the customer enjoys the freshest fish and shellfish.

Mike Murphy Foods - Mike Murphy Foods was set up in 1990. It started as a small family business which has grown over the years thanks to local support. They now employ 11 people supplying food to hotels and restaurants in the southwest Munster area.



Mike Murphy Foods



Brian Wilmott & Athea Pudding

Fitzgeralds
Woodlands
HOUSE HOTEL & SPA
★★★★

TIMMY MACS
BISTRO



Timmy Macs Bistro
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