

ALLERGENS	Fish	F	Milk	MK	Sulphites	SP
Gluten	Molluscs	M	Celery	CY	Lupin	L
Crustaceans	Soybean	S	Mustard	MD	Nuts	N
Eggs	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 *CY, G, MK, E, SS, SP, N (Walnuts)*

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

**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, E, MK, CY, N, SP, P*

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

**Timmy's Smokies** €9.95  
3 Smoked Coley, Cod and Smoked Salmon Fish Cakes, Lemon Mayonnaise, Homemade Chilli and Tomato Jam *G, F, MD, MK, E, SP, N*

**Baked Ballinwillin Wild Boar Black Pudding** €9.95  
Wrapped in Wilmotts Streaky Bacon, Red Cabbage, Apple and Clove Purée *G, SP, MK*

**Grilled West Limerick Goats Cheese** (X) €10.50  
Beetroot Purée, Rocket Leaves, Toasted Pumpkin Seeds, Hazelnut, Orange Reduction  
*MK, N (HAZELNUT), SP*

## SALAD CORNER

**Spiced Beef Salad** **Starter €9.95**  
Pan Seared Spiced Beef served on a Bed of Noodles and **Main €15.95**  
Vegetable Julienne in a Soy, Ginger and Honey Glaze *G, CY, S*

**Warm Seasonal Salad** (X) **Starter €7.95**  
of Roast Spiced Butternut Squash, Red Peppers, Grilled Aubergine, Walnut, **Main €12.95**  
Marinated Cherry Tomatoes and Red Onion in a Honey and Balsamic Dressing  
*SP, N (WALNUT)*

**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** (X on request) €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 Garlic Ciabatta** (X on request) €16.95  
4oz Steak, Garlic Ciabatta, Smoked Bacon & Sweet Onion Relish, Rocket, Peppercorn Sauce *G, MK, CY, S, MD*

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

**Goats Cheese Panini** (X on request) €9.50  
Roast Red Pepper, Red Onion Relish *G, S, MK, CY, N, SP*

**Smoked Bacon Brioche Bun** (X on request) €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  
Sautéed Mushrooms, Beer Battered Onion Rings, Chips and your choice of Peppercorn Sauce or Garlic Butter *G, MK, MD, CY, S, SP*

**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, SP, MD, E, N, CY*

**Chargrilled Piri Piri Chicken Burger** (X on request) €16.50  
Lemon Mayo, Lettuce, Tomato, in Sean's Flour Blaa, Chips and Coleslaw *G, MK, SP, MD, E, N, CY*

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** (X on request) €17.50  
Carrot and Pearl Barley 'Risotto', Peas, Athea Black Pudding Crumble, Roast Jus *G, MK, CY, S*  
**Served with one side of your choice**

**Cured and Confit Duck Leg** (X) €17.50  
Creamed Potato, Wild Mushrooms and Smoked Bacon, Mixed Berry Glaze *SP, S, MK, SP*  
**Served with one side of your choice**

**6 hour Braised Guinness Short Rib of Beef** €15.95  
Glazed Baby Onions, Creamy Mash, Roast Carrot, Jus *MK, SP, G, CY, S*

**Woodlands Chicken & Vegetable Fajita** (X 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, Irish Chicken, Smoked Bacon, Spinach, Mushrooms, Parmesan Cream, Garlic Toast *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** (X) €16.95  
Fennel Roasted Baby Potato, Creamed Cabbage, Basil Oil *F, MK, CY, SP*

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

## SIDES

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

**Timmy's Smokies**  
3 Smoked Coley, Cod and Smoked Salmon Fish Cakes, Lemon Mayonnaise,  
Homemade Chilli and Tomato Jam *G, F, MD, MK, E, SP, N*  
*Supplement €2*

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

**Warm Seasonal Salad**  
of Roast Spiced Butternut Squash, Red Peppers, Grilled Aubergine, Walnut,  
Marinated Cherry Tomatoes and Red Onion in a Honey and Balsamic Dressing  
*SP, N (WALNUT), GF*

**MAIN COURSE**  
**40 Day Aged 10oz Red Hereford Sirloin Steak** (X on request)  
Sautéed Mushrooms, Beer Battered Onion Rings, Chips and your choice  
of Peppercorn Sauce or Garlic Butter *G, MK, MD, CY, S, SP*  
*Supplement €7*

**Roast Supreme of Irish Chicken**  
Carrot and Pearl Barley 'Risotto', Peas,  
Athea Black Pudding Crumble, Roast Jus *G, MK, CY, S*  
**Served with one side of your choice**

**Roast Fillet of Wild Atlantic Hake** (X)  
Fennel Roasted Baby Potato, Creamed Cabbage, Basil Oil *F, MK, CY, SP*

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

**SWEET TREATS TO FINISH**  
**Woodlands Baked Alaska** (X on request)  
Soft Sponge, Strawberries, and Adare Farm Vanilla Icecream,  
topped with Golden Brown Baked Meringue *G, E, MK*

**Woodlands Dark Chocolate Fondant** (X)  
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

#### Warm Seasonal Salad (X)

of Roast Spiced Butternut Squash, Red Peppers, Grilled Aubergine, Walnut, Marinated Cherry Tomatoes and Red Onion in a Balsamic Dressing  
*SP, N (WALNUT) €7.95*

#### 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*

#### Beyond Burger™

Served in a Flour Bap with Baby Gem, Onion, Tomato Relish and Fries *€16.95*

The Beyond Burger is the world's first plant-based burger that looks, cooks, and satisfies like beef. It has all the juicy, meaty deliciousness of a traditional burger, but comes with the upsides of a plant-based meal. The Beyond Burger packs 20g of plant-based protein and has no GMOs, soy, or gluten.

### SWEET TREATS TO FINISH

Raspberry Almond Tart *N almonds €6.95*

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

Chocolate Cake *€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 Furies.

**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



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