

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

**Soup of the Day** €5.95  
served with a selection of homemade breads,  
made fresh in-house everyday **V** *G, CY, MK*

**Baked Fillet of West Limerick Bally Goat’s Cheese** €9.95  
served on a buttered apple croute, pinenut & pesto crust,  
on Mary’s Organic Garden leaves with raspberry dressing **V** *MK, G, N (PINENUTS)*

**Golden Deep Fried Mushrooms** €7.95  
served with Mary’s own organic garlic aioli & summer leaves *G, MK, E, MD, SP*

**Smoked Salmon Bomb** €11.95  
with a crabmeat and garden brunoise, horseradish aioli,  
Mary’s Organic Garden apple crisps *F, C, SP*

**Woodlands Classic Caesar Salad**  
baby gem lettuce, house Caesar dressing, parmesan shavings,  
garlic and herb croutons **V** *E, F, MK, SP, G*  
**Add Chicken**  
**Starter €10.95**  
**Main €16.95**

**Chicken Liver Parfait** €8.95  
served with a classic cumberland sauce, melba toast  
& micro greens from Mary’s Organic Garden *SP, MD, CY, G, MK*

**Buttermilk Chicken Wings**  
with a Louisiana hot sauce & a blue cheese dip *G, MK, CY, MD, E*  
**Starter €8.95**  
**Main €14.95**

**Woodlands Chicken & Mushroom Vol au Vent** *G, MK*  
Main Course size served with Chips  
**Starter €7.95**  
**Main €15.95**

**Wilmott’s Bacon, Cashel Blue Cheese & Crouton** €9.95  
on Mary’s Organic Garden leaves with our own hives honey  
& mustard dressing *SP, MK, MD, G*

**Rigney’s of Curraghchase Free Range Pork & Apple Sausages** €9.95  
on a champ galette, pinenut & raisin jus *SP, G, N (PINE NUTS), MK*

### 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

## MAINS

**10oz Sirloin of Hereford Steak** €27.95  
Cooked to your liking with a grilled Portobello mushroom, confit of shallots,  
marinated garden tomatoes from Mary’s Organic Garden with a choice  
of pepper sauce or garlic butter *MK, SP*  
**Served with a side of your choice**

**8oz Fillet of Hereford Steak** €32.95  
Cooked to your liking with a grilled Portobello mushroom, confit of shallots,  
marinated garden tomatoes from Mary’s Organic Garden with a choice  
of pepper sauce or garlic butter *MK, SP*  
**Served with a side of your choice**

**1/2lb Beef Burger** €17.95  
with grilled Wilmott’s bacon, Guiry’s of Knockaderry free range fried egg  
and Cahill’s mature cheddar cheese in a floury blaa with salad from  
Mary’s Organic Garden & chips *G, SP, E, CY, MD, MK*

**Roast Sirloin of Irish Beef** €16.00  
served with a selection of the vegetables from Mary’s Organic Garden,  
potato of the day, and a gravy jus *MK, G, E, CY*

**Cinnamon Crusted Breast of Barbary Duck** €19.95  
on a tian of braised red cabbage, asparagus spears, mango  
& apricot coulis *SP, MD, CY, MK*

**Baby Back Bacon Ribs** €16.95  
with our sticky barbeque sauce served with homemade slaw,  
leaves from Mary’s Organic Garden and rustic chips *SP, MK, MD*

**Chicken Fajitas** €17.95  
with guacamole, sour cream, cheddar cheese, salsa and tortilla wraps  
on the side. Served with chips (**V** on request) *SP, MK, G, MD, SS, S, E*

**Chicken Maryland** €17.95  
golden fillet of Irish chicken with banana & pineapple fritters,  
grilled tomato & Wilmott’s bacon *G, MK, SP, CY*

**Pasta Linguini** €17.95  
served with a spicy primavera sauce with chorizo and chicken balls *G, SP, CY, MK, E*  
**Without chorizo and chicken balls** (**V** on request) €15.95

**Crispy Battered Cod & Rustic Chips** €17.95  
with garden pea puree, homemade tartar sauce & lemon wedges *F, G, MK, SP, CY*

**Catch of the Day** Market Price

**Special of the Day** Market Price

**Woodlands 12” Pizza** €12.95  
topped with tomato sauce & mozzarella cheese (X on request) *G*  
**Additional Toppings Available** €1 each per topping  
Irish Chorizo, Pepperoni, Smoked Bacon, Chicken, Ham, Pineapple,  
Mushrooms, Peppers, Sweetcorn, Feta Cheese *MK*, Goats Cheese *MK*, Extra Cheese *MK*,  
Spinach, Rocket, Chilli Flakes

## SIDES

**Rustic Chips** *G* €3.95

**Sweet Potato Fries** *G* €3.95

**Creamy Mashed Potato** *MK* €3.95

**Seasonal Vegetables from Mary’s Organic Garden** *MK* €3.95

**Creamed Spinach** *MK* €3.95

**Mary’s Organic Salad in a house dressing** *SP MD* €3.95

X - Gluten Free      V - Vegan      V - Vegetarian

## GUARANTEED IRISH MENU

### TO START

**Soup of the Day**  
served with a selection of homemade breads,  
made fresh in-house everyday **V** *G, CY, MK*

**Baked Fillet of West Limerick Bally Goat’s Cheese**  
served on a buttered apple croute, pinenut & pesto crust,  
on Mary’s Organic Garden leaves with raspberry dressing **V** *MK, G, N (PINENUTS)*

**Golden Deep Fried Mushrooms**  
served with Mary’s own organic garlic aioli & summer leaves *G, MK, E, MD, SP*

**Woodlands Classic Caesar Salad**  
baby gem lettuce, house Caesar dressing, parmesan shavings,  
garlic and herb croutons **V** *E, F, MK, SP, G*  
**Add Chicken - Supplement €2.00**

**Woodlands Chicken & Mushroom Vol au Vent** *G, MK*

### MAIN COURSE

**10oz Sirloin of Hereford Steak**  
Cooked to your liking with a grilled Portobello mushroom, confit of shallots,  
marinated garden tomatoes from Mary’s Organic Garden with a choice  
of pepper sauce or garlic butter *MK, SP*  
**Supplement €7.00**  
**Served with a side of your choice**

**Roast Sirloin of Irish Beef**  
served with a selection of the vegetables from Mary’s Organic Garden,  
potato of the day, and a gravy jus *MK, G, E, CY*

**Chicken Maryland**  
golden fillet of Irish chicken with banana & pineapple fritters,  
grilled tomato & Wilmott’s bacon *G, MK, SP, CY*

**Pasta Linguini**  
served with a spicy primavera sauce with chorizo and chicken balls  
(**V** on request) *G, SP, CY, MK, E*

**Catch of the Day**

**Special of the Day**

### SWEET TREATS TO FINISH

Choose any dessert from our dessert menu overleaf

### TEA OR COFFEE

€35

Please ask your server if you have any dietary requirements.

## VEGETARIAN AND VEGAN MENU

### TO START

#### Roast Red Pepper Bruschetta

Sean's sourdough bread topped with a rich tomato sauce, roasted peppers, & vegan style mozzarella G, S, CY, SS, SP €7.95

#### Quinoa Cake

with beetroot & apple, gaufrette potato & vegan cheese S, CY, MD, SP €7.95

#### Nut Roast

served with spinach purée & smoked tomato G, N (ALMONDS, WALNUTS, HAZELNUTS) €7.95

### MAIN COURSE

#### Baby Vegetables & Chickpea Purée

on a bed of ratatouille €15.95

#### Chickpea, Spinach & Squash Curry

with coconut rice CY, MD, S €15.95

#### Wild Rice & Potato Rosti

with spinach, forest mushrooms & smoked cherry tomatoes €16.95

#### Nut Roast

served with spinach purée & smoked tomato G, N (ALMONDS, WALNUTS, HAZELNUTS) €15.95

#### Beyond Burger™

served in a Flour Bap with Baby Gem, Onion, Tomato Relish and Fries G €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

**Vegan Chocolate Cake** & oat milk ice cream G €7.95

**Pineapple & Mango Granite** with carpaccio of caramelised pineapple €7.95

## DESSERTS

**Summer Fruit Trifle** €7.95  
with a sweet custard and homemade sponge G, E, MK

**Raspberry Mille Feuille** €7.95  
Golden layers of puff pastry filled with pastry cream, fresh red raspberries from Mary's Organic Garden served with a sweet coulis G, E, MK, N

**Classic Italian Tiramisu** €7.95  
with homemade lady fingers, mascarpone cream cheese, coffee infused liquor & luxurious cocoa MK, E, S, G

**Strawberry Mousse Mango Cheesecake** €7.95  
on a sweet biscuit base MK, G

**Woodlands Famous Strawberry Baked Alaska** G, E, MK €7.95

**Traditional Pavlova** €7.95  
topped with cream and a selection of fruits from Mary's Organic Garden G, E, MK

**Chocolate Fondant** €7.95  
with a liquid chocolate centre & vanilla ice cream MK, E

**Sticky Toffee Pudding** €7.95  
with rich butterscotch sauce and Adare Farm vanilla ice cream G, E, MK

**Selection of Adare Farm Ice Cream** €7.95  
with Italian wafers G, MK

## 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.

**Rigney's of Curraghchase** - Rigney's Farm is home to happy, pasture-fed, rare-breed animals who live the way nature intended. Rigney's Farm is located just 20 minutes from the hotel.



Mike Murphy Foods



Brian Wilmott & Athea Pudding



Fitzgeralds  
Woodlands

HOUSE HOTEL & SPA



# SUMMER MENU



Fitzgeralds Woodlands House Hotel & Spa  
Adare, Co. Limerick, Ireland  
061 605100  
hello@woodlands-hotel.ie  
www.woodlands-hotel.ie

Guaranteed  
Irish



Original  
Irish  
Hotels