

# Jack Fenn.

Courtyard Coffee Shop & Bistro

## Welcome to Jack Fenn's Bistro

Here at Jack Fenn's we only use the best quality and locally sourced ingredients in our menus. Our wide range of salad greens, herbs, fruit and flowers are grown in our kitchen garden on the back lawn. Local Bee Keeper - Fergal O'Shea looks after our beehives. Our pride and joy. We dry age our beef in-house, sourced from Michael Mc Hales, Castlebar. Our free range pork is sourced from Andarl Farm, Claremorris. We have wonderful seafood on our doorstep! It is supplied from Killala Bay, The Moy Estuary, oysters are sourced from Achill Oysters, with other fish sourced by Joe Garvin, and our smoked fish is from Clarkes, Ballina. All our Farmhouse cheeses are Irish, produced by the talented Dan Dozio, Charlestown.

Sit back, relax and let us take care of you.

All allergens are openly used throughout our menus. Trace amounts may be present at all stages of cooking. Please at all times, discuss with your server as to what elements can be removed from your dish in order to assist with any allergies or dietary requirements you may have.

1. Gluten,
2. Crustaceans,
3. Eggs,
4. Fish,
5. Peanuts,
6. Soybeans,
7. Milk,
8. Nuts,
9. Celery,
10. Mustard,
11. Sesame,
12. Sulphur dioxide/sulphites,
13. Lupin,
14. Molluscs.



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## LUNCHTIME MENU

### SEASONAL SOUP OF THE DAY

Homemade brown bread, herb pesto 1,3,7

€6.00

### QUICHE OF THE DAY

Please ask your server for today's freshly made quiche served with garden salad, and Belleek relish 1,3,4,6,7

€8.95

### GOATS CHEESE & GARDEN BEETROOT SALAD

Garden leaves, mixed pickles, roasted walnuts, garden strawberries, cherry tomatoes, balsamic dressing 6,7,8,12

€12.50

### CHICKEN CAESAR SALAD

Roast Irish chicken breast, baby gem, sourdough croutons, crispy bacon lardons, Dozio Barr Rua Shavings, caesar dressing 1,4,6,7,12

€12.95

### ULTIMATE FISHCAKES

Fresh Salmon & Cod mixed with garden chives & fennel, served with homemade spicy salsa & garden salad 1,3,4,6,7,12

€9.95

### DÚN BRISTE SEAFOOD STACK (BETWEEN 2 PEOPLE)

Symphony of seafood, steamed mussels, Clarke's smoked salmon, Achill oysters, prawns, rose sauce homemade brown bread 1,2,3,4,6,7,12,14

€45.00

### ROPE MUSSELS

Killary Harbour mussels, steamed in white wine, fennel, garlic & garden herbs, homemade brown bread 1,6,7,12,14,

€13.50

### JACK FENN'S HAM HOCK & CHEESE SANDWICH

Andarl Farm ham hock, melted Dozio Barr Rua cheese, tomato, honey wholegrain mustard sauce, served on a toasted sourdough bread 1,5,6,7,10

€12.50

### BEEF BRISKET CIABATTA

Slow cooked in our secret marinade for 12 hours, served on a ciabatta, topped with garlic mayonnaise, castle relish, garden rocket & pickled gherkins, served with fries 1,3,6,7,10,12

€14.95

### GRILLED CHICKEN & BACON WRAP

Grilled cajun chicken breast, crispy bacon, tomato, red onion jam, grated Dubliner cheddar, Lettuce, grilled red pepper, served in a tortilla wrap 1,3,6,7,10

€12.50