

LA MON

HOTEL & COUNTRY CLUB



We Support Local Produce

We proudly source from trusted local suppliers, bringing you the freshest, highest quality ingredients - many of which are Great Taste Award winners.

McAtamney's Traditional Butchers
Carnebrooke
Blue Door & Lecale Seafoods
Kirk's Home Bakery
La Rousse Foods
Drayne's Ice Cream

Dietary options available

Please ask your server for details.

Most dishes can be modified to be gluten-free.

Menu items may contain or be in contact with allergens.

For more information, please speak with a manager.

Allergen codes:

1.Celery 2.Gluten 3.Crustaceans 4.Eggs 5.Fish 6.Lupin 7.Milk 8.Molluscs
9.Mustard 10.Nuts 11.Peanuts 12.Sesame Seeds 13.Soya 14.Sulphites

(MC: May Contain)



SNACKS, SANDWICHES & CIABATTA

Chicken Loaded Fries (2, 7) MC(1, 4, 5, 12, 13, 14) £14.00

Skinny Fries, Cheese Sauce, Peppercorn Sauce & Spring Onions

Chilli Beef Nachos (2, 7) MC(1, 9, 13, 14) £12.00

Tortilla Chips, Beef Mince, Melted Cheese, Spring Onions

Garlic Bread (2, 7) MC(13) £6.00

Add Melted Cheddar Cheese £1.00

Prawn Open Sandwich (2, 3, 4, 7, 9) £15.00

Coldwater Prawns, Marie Rose Dressing, Wheaten Bread, Coleslaw,
Lettuce, Egg, Tomato, Cheese & Cucumber

Sandwiches

Egg Mayonnaise & Spring Onion (2, 4, 7, 9, 13) £8.50

Givan's Ham, Rocket & Ballymaloe Relish (2, 7, 9, 13) £8.50

Tuna, Onion & Mayonnaise (2, 5, 7, 9) £8.50

STARTERS

Chef's Soup of the Day (1, 2, 4, 7, 10, 12, 13, 14) £8.50

Freshly Baked Bread Roll

Salt & Chilli Fritto Misto (2, 3, 4, 5, 7, 8) £12.00

Whitebait, Prawns, Squid, Garlic Aioli, Red Onion & Sweetcorn Salad,
Chilli Dip

Crispy Brie Bites (2, 4, 7, 9, 14) £9.50

Cranberry & Chilli Sauce, Mixed Leaf Salad

Grilled Chicken Caesar Salad (2, 4, 5, 7, 9, 14) MC(10) £10.00

Black Olives, Parmesan, Crispy Bacon, Garlic Croutons

La Mon Prawn Cocktail (2, 3, 4, 7, 9) MC(8, 14) £10.50

Coldwater Prawns, Tiger Prawns, Iceberg Lettuce, Marie Rose Sauce,
Wheaten Bread

Tomato & Basil Arancini (2, 4, 7, 10) £9.50

Balsamic Glaze, Sundried Tomato Pesto, Parmesan

BBQ Chicken Wings (1, 2, 7, 14) MC(4, 9, 12, 13) £10.50

Blue Cheese Dressing, Celery, Asian Slaw

(£3 Supplement)

MAIN COURSE

La Mon Fish Supper (2, 4, 5, 7, 9, 14) £21.50
Battered North Coast Haddock, Hand Cut Chips, Garden Peas, Tartare Sauce

Grilled Lamb Souvlaki (2, 7, 9, 14) £24.00
Flatbread, Tzatziki, Red Onion Marmalade, Iceberg Lettuce, Garlic & Herb Fries

Sugar Pit Cured Bacon Chop (2, 4, 14) £24.00
Fried Egg, BBQ Pineapple, Hand-Cut Chips, Mustard Mayonnaise

12-Hour Braised Reuben-Style Beef Short Rib (2, 9, 14) £28.00
Capers, Gherkin, Shallots, Parsley, Mustard, Tenderstem Broccoli, Hasselback Potatoes, Red Wine Gravy (£5 Supplement)

McAtamney's 10oz Sirloin Steak (2, 7, 9, 14) (£10 Supplement) £37.00
Skin on Fries, Sautéed Mushrooms, Tomato, Brandy Peppercorn Sauce
- Add Garlic Prawns (3, 7) £7.00

Oven-Roasted Cod Fillet (2, 3, 4, 5, 7) £27.00
Prawns, Chorizo, Lemon & Parsley Butter, Spinach Boxti

6oz McAtamney's Irish Beef Burger (2, 4, 7, 9, 12, 13, 14) £19.50
Brioche Bap, Baby Gem Lettuce, Tomato, Red Onion, Ballymaloe Stout Relish, Chunky Chips

Gluten Free Option Available

Add Irish Cheddar, Streaky Bacon, Blue Cheese or 2 Onion Rings - £2.50 per item

Pie of the Day - See Daily Specials £19.50

VEGETARIAN/VEGAN

Plant-Based Beetroot Burger (2, 12, 13) MC(4, 7) £18.50

Vegan Smoked Applewood Cheese, Tomato, Vegan Sesame Bun,
Ballymaloe Beetroot Slaw, Skin on Fries

Spinach & Ricotta Tortellini (2, 4, 7, 9) £18.50

Parmesan Cream, Baby Spinach, Rocket & Tomato Salad

Mushroom, Courgette & Potato Wellington (2, 4, 7, 14) £27.00

Portobello Mushroom, Truffle Mashed Potato, Spiced Tomato Sauce

SIDES & SAUCES

£5.00

Creamy Mash (7)

Skin On Fries (7)

Chunky Chips (14)

Parmesan & Truffle Fries (4, 7)

Garlic Chips (7, 14)

Champ (7)

Market Vegetables (7)

Tossed Salad (9, 14)

Sauté Mushrooms (7)

Onion Rings (2)

£2.50

Coleslaw (4, 7, 9)

Peppered Sauce (1, 7, 9, 13, 14)

Yorkshire Pudding (2, 4, 7)

Garden Peas (7)

Gravy (1,9,13,14)

DESSERTS

Sticky Toffee Pudding (2, 4, 7, 14) MC(10, 11) £9.50

Drayne's Salted Caramel Ice Cream

Honey Panna Cotta (2, 7) MC (10, 11) £9.50

Honeycomb, Raspberries, Shortbread

Key Lime Pie (2, 4, 7) MC (11) £8.50

Lemon Meringue, Burnt Lime

Selection of Sorbets MC (10, 11) £9.00

Strawberry Coulis

Chocolate & Orange Torte (13) MC (10, 11) £10.50

Vegan Ice Cream, Strawberry Garnish

Irish Cheese Selection (2, 7, 14) MC(10, 11) £16.00

Young Buck Blue Cheese, Cooleeney (Irish Camembert),

Hegarty Irish Cheddar, Grapes, Cheese Crackers, Fig Chutney

(£5 Supplement)

TEA & COFFEE

LATTE £3.50

CAPPUCCINO £3.50

AMERICANO £2.70

FLAT WHITE £3.50

MOCHA £3.50

DECAF COFFEE £2.70

SYRUPS AVAILABLE: 70P

STRAWBERRY / VANILLA

SELECTION OF HERBAL £2.45

TEA AVAILABLE

ALTERNATIVE MILKS AVAILABLE:

OAT / SOYA / COCONUT

LIQUEUR COFFEE £7.15

IRISH COFFEE (Whiskey)

CALYPSO COFFEE (Tia Maria)

COFFEE ROYALE (Brandy)

SPIRITS

BUSHMILLS	£6.95
JACK DANIELS	£6.95
JAMESONS	£6.75
SMIRNOFF VODKA	£6.95
GORDONS GIN	£6.30
GORDONS PINK GIN	£6.55
BOMBAY SAPPHIRE	£6.95
COPELAND GIN/RUM	£6.95/£6.75
HENDRICKS	£8.50
TANQUERAY/NO. 10	£7.50/£9.50
JAWBOX	£7.50
BACARDI	£6.75
CAPTAIN MORGANS	£6.75
WHITLEY NEIL	£8.00

LIQUEURS

SOUTHERN COMFORT	£6.70
BAILEYS	£7.20
MALIBU	£6.70
PEACH SCHNAPPS	£6.80
TIA MARIA	£6.70
DISARONNO	£6.70

DRAUGHTS

GUINNESS	£3.85/£8.00
ORCHARD THIEVES	£3.85/£8.00
CARLSBERG	£3.85/£7.95
PERONI	£3.85/£8.00
SMITHWICK'S RED	£3.85/£7.95
ROCKSHORE	£3.85/£7.95
MORETTI	£3.85/£8.00
HARP	£3.85/£7.95

SOFT DRINKS

COKE/SPRITE/FANTA	£3.70
APPLETISER	£3.80
RED BULL	£5.40
SPARKLING WATER	£3.50/£5.80
BABY MIXERS	£3.00
SCHWEPPES MIXERS	£3.30

ICED TEA

£4.50

LEMON
PEACH
RASPBERRY

ICED LATTE

£4.50

MATCHA LATTE

£4.95

BOTTLES

COORS/CORONA/PERONI	£7.50
BIRRA MORETTI	£8.00
HEINEKEN ZERO	£6.00
MORETTI ZERO	£6.50
WESTCOAST COOLER	£7.50
KOPPERBERG	£8.50
WKD / SMIRNOFF ICE	£7.50

NO AND LOW ALCOHOL

GUINNESS ZERO	£7.95
BIRRA MORETTI	£6.75
HEINEKEN	£6.00
TANQUERY ZERO	£5.95
PIERRE ZERO	£13.00
KOPPERBERG	£8.00
SPARKLING WINE	£8.00
RED/ WHITE WINE	£8.00

COCKTAILS

£12.95

STRAWBERRY DAIQUIRI - BACARDI, STRAWBERRY SYRUP, LIME JUICE, SUGAR SYRUP

ESPRESSO MARTINI - VODKA, TIA MARIA, ESPRESSO, SUGAR SYRUP

FRENCH MARTINI - VODKA, CHAMBORD, PINEAPPLE JUICE, RASPBERRIES

BRAMBLE - COPELAND IRISH GIN, CHAMBORD, LEMON JUICE, SUGAR SYRUP, BLACKBERRIES

WHISKEY SOUR - COPELAND IRISH WHISKEY, LEMON JUICE, SUGAR SYRUP, EGG WHITE, ANGOSTURA BITTERS

APEROL SPRITZ - APEROL, PROSECCO, SODA WATER

COPELAND'S TREASURE - COPELAND IRISH RUM, COCONUT SYRUP, PINEAPPLE, APPLE JUICE, LIME JUICE

BOOZY ICED TEA - LEMON TEA, PEACH SCHNAPPS, LEMON



SUNDAY MENU

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To Start...

Chef's Soup of the Day £8.50

Freshly Baked Bread Roll (1, 2, 4, 7, 10, 12, 13, 14)

BBQ Chicken Wings £10.50

Blue Cheese Dressing, Celery, Asian Slaw (1, 2, 7, 14) MC(4, 9, 12, 13)

Crispy Brie Bites £9.50

Cranberry & Chilli Sauce, Mixed Leaf Salad (2, 4, 7, 9, 14)

La Mon Prawn Cocktail £10.50

Coldwater Prawns, Tiger Prawns, Iceberg Lettuce, Marie Rose Sauce, Wheaten Bread (2, 3, 4, 7, 9) MC (8, 14)

The Main Event...

Traditional Turkey & Ham £22.50

Chefs Vegetables, Creamy Mash, Roast Potatoes & Rich Gravy (2, 7, 13, 14)

Roast Sirloin of Beef £25.00

Yorkshire Pudding, Creamy Champ, Medley of Vegetables & Rich Gravy (1, 2, 4, 7, 14)

Oven-Roasted Cod Fillet £27.00

Prawns, Chorizo, Lemon & Parsley Butter, Spinach Boxti (2, 3, 4, 5, 7)

La Mon Fish Supper £21.50

Battered North Coast Haddock, Hand Cut Chips, Garden Peas, Tartare Sauce (2, 4, 5, 7, 9, 14)

Spinach & Ricotta Tortellini £18.50

Parmesan Cream, Baby Spinach, Rocket & Tomato Salad (2, 4, 7, 9)

6oz McAtamney's Irish Beef Burger £19.50

Brioche Bap, Baby Gem Lettuce, Tomato, Red Onion, Ballymaloe Stout Relish, Chunky Chips (2, 4, 7, 9, 12, 13, 14)

[Add Irish Cheddar, Streaky Bacon, Blue Cheese or 2 Onion Rings - £2.50 per item]

Something Sweet

Sticky Toffee Pudding £9.50

Drayne's Salted Caramel Ice Cream
(2, 4, 7, 14) MC (10, 11)

Chocolate & Orange Torte £10.50

Vegan Ice Cream, Strawberry Garnish (13) MC (10, 11)

Honey Panna Cotta £9.50

Honeycomb, Raspberries, Shortbread (2, 7) MC (10, 11)

Selection of Sorbets £9.00

Strawberry Coulis MC (10, 11)

Sides & Sauces

- £5**
- Creamy Mash (7)
 - Skin On Fries (7)
 - Chunky Chips (14)
 - Parmesan & Truffle Fries (4, 7)
 - Garlic Chips (7, 14)
 - Champ (7)
 - Market Vegetables (7)
 - Tossed Salad (9, 14)
 - Sauté Mushrooms (7)
 - Onion Rings (2)

- £2.50**
- Coleslaw (4, 7, 9)
 - Garden Peas (7)
 - Pepper Sauce (1, 7, 9, 13, 14)
 - Yorkshire Pudding (2, 4, 7)
 - Gravy (1, 9, 13, 14)

Allergen codes:

1.Celery 2.Gluten 3.Crustaceans 4.Eggs 5.Fish 6.Lupin 7.Milk 8.Molluscs 9.Mustard 10.Nuts 11.Peanuts
12.Sesame Seeds 13.Soya 14.Sulphites
(MC: May Contain)