

TWISTBAR &BISTRO

AIS EN BOO

ALLERGEN LIST

2 Crustaceans

1 Wheat

3 Egg

4 Fish

5 Peanut

6 Soya beans

HATEA

STARTERS / SOUPS

Homemade Soup of the Day Served with farmhouse brown bread. Soup: 7, 9, 12. Brown bread: 1, 3, 7, 8, 12	€4.00
West Cork Seafood Chowder Scally's homemade soda bread chowder. 2, 3, 4, 7, 9, 12, 14 Brown bread: 1, 3, 7, 8, 12	€6.00
Twist Bar Chicken Wings House sauce with a little kick, celery, Cashel blue cheese dip. 1, 3, 6, 7, 9, 10,	€6.50 12
Anti Pasto Plate Selection of cured meats, marinated olives, sun blushed tomatoes, hummus, ricotta cheese. 1, 3, 6, 7, 9, 10, 11, 12	€9.50
SOMETHING MORE SUBSTANTIAL	
Slow Cooked Shank of Irish Lamb Root vegetables in a rich Rioja jus, creamy champ potato. 7, 9, 12	€14.00
Slow Cooked Herb Sausages Clonakilty black pudding mash, roasted red onion & Winter thyme gravy. 1, 7, 10, 12	€12.95
Creamy Seafood Pie Topped with creamy mash, baby leaf salad basil dressing. 1, 2, 3, 4, 7, 9, 12	€12.50
Chargrilled Hereford Beef Burger Carbery Cheddar, grilled steaky bacon, Ballymaloe relish, toasted brioche, hand cut chunky chips. 1, 3, 7, 9, 12	€12.95
Beer Battered Fish Light crispy batter, tartar sauce, mushy peas, chunky chips. 1, 3, 4, 7, 9, 10, 12	€12.95
Thai Vegetable Red Curry Lime leaf, giner, chilli, lemongrass, mixed vegetables, coconut infused basmati rice 2, 7, 9, 12. Compliment with crispy fried tempura prawns €3 or Thai lemon chicken €2 extra. 1, 2, 7, 9, 10, 12	€11.00

7 Milk

8 Nuts

9 Celery

10 Mustard

11 Sesame Seeds

13 Lupine

14 Molluscs

12 Sulphur Dioxide



OPEN FOR TAKE AWAY 7 DAYS A WEEK • 5pm - 9pm CALL **023 8836400** TO ORDER NOW

CHILDREN'S MENU

Chicken Goujons & Chips 1, 3, 7	€6.50
Sausages & Chips 1, 7, 12	€6.50
Fish & Chips 1, 3, 7	€6.50

SIDES €3.50 each

· Seasonal Vegetables · Mixed Leaf Salad • Sweet Potato Fries • Chunky Chips

SWEETS

€4.00
€4.00

MEAL DEAL

Mid-Week **Family Feast**

Available Monday to Thursday

Any 4 Mains for **€40***

*supplement of €2 for lamb shank or prawn curry



& BISTRO in an Instagram or Facebook post Use **#TWISTTOGO** with your best photo to be in with a chance of winning our weekly prize **Get creative!**

Tag TWIST BAR

Should you have any dietary requirements, please do not hesitate to mention & our Chefs will do everything possible to assist.



Mother's Day forget!

Sunday 14th March

CELEBRATE YOUR MUM THIS YEAR WITH OUR

SUNDAY ROAST JOINT OF THE DAY

With all of the trimmings & apple pie

€55.00

Feeds 4-6 People

PRE-BOOKING ESSENTIAL

Sells Out Quickly

SUNDAY ROAST JOINT OF THE DAY

Complimentary gift from **Inchydoney Candles** with every order



Easter Sunday

Sunday 4th April

SPECIAL ROAST LAMB WITH **ALL OF THE TRIMMINGS**

SUNDAY ROAST JOINT OF THE DAY

Includes complimentary Easter Treats on us!

Roast Beef or Turkey & Ham also available











