



**TWISTBAR  
& BISTRO**

Mon. – Sat., 12.30pm – 4pm

## STARTERS

**Homemade Soup of The Day** 7, 9  
Served with brown bread 1, 3, 7

€5.50

**Twist Spicy Chicken Wings**

€9.50

House sauce with a little kick, Cashel blue cheese dip, crispy celery bites 3, 6, 7, 10, 11, 12

**Union Hall Creamy Seafood Chowder**  
Served with home baked Guinness bread  
2, 4, 7, 14

€8.25

**Oak Chipped Smoked Irish Salmon**

€11.50

Lemon aioli, caper berries, sweet red onion, brown bread 1, 3, 4, 7, 10

## SALADS & SANDWICHES

**Chicken Caesar Wrap**  
Shannon Vale chicken, baby gem, grilled prosciutto, focaccia croutons, a light Caesar dressing topped with parmesan shavings.  
Served hot or cold 1, 3, 4, 6, 7, 9, 10, 12

€8.50

**Caesar Salad**

€11.50

Baby gem, grilled prosciutto, focaccia croutons in light Caesar dressing topped with parmesan shavings 1, 3, 4, 7, 9, 10, 11, 12

**Twist Toasted Special**  
Timoleague ham, Bandon Vale cheddar, onion relish, crunchy batch bread, salad garnish, hand cut chunky chips, house dip 1, 3, 6, 7, 10, 12

€9.75

**Superfood Salad**

€12.50

Baby spinach, watercress, pickled cucumber, roasted squash, guacamole, Bluebell Falls goats cheese, orange and ginger dressing 7, 9, 10, 12

**Chargrilled Chicken Focaccia**  
Thai lemon chicken with roasted courgettes, bell peppers, sweet chilli mayonnaise  
1, 3, 6, 7, 10, 12

€7.50

*Compliment your salad with marinated cajun chicken or Thai lemon chicken*

€3.00

## SOMETHING SUBSTANTIAL

**Crispy Fried Union Hall Haddock**  
Light crispy batter, tangy tartar sauce, hand cut chips, mushy peas 1, 3, 4, 7, 9, 10, 12

€16.00

**Chef's Seasonal Special**

Please ask your server

**Chargrilled Hereford Prime Burger**  
Served with smoked bacon, aged cheddar, crisp leaves, chunky chips and house relish  
1, 3, 7, 9, 10, 12

€14.50

## SIDES

Champ potato 7, 12  
Sweet potato fries 1, 12

€3.50

€4.00

Hand cut chunky chips 1, 12  
Dressed green leaves

€3.75

€3.75

## DESSERT MENU

**Warm Bread & Butter Pudding**  
Served on a rich butterscotch sauce, vanilla cream 1, 3, 7, 12

€6.50

**Eton Mess**

€7.50

Locally sourced West Cork strawberries, crushed meringue, dairy cream, strawberry syrup 1, 3, 7, 12

**Warm Apple & Seasonal Berry Crumble**  
Vanilla bean anglaise, honeycomb ice-cream  
1, 3, 7, 12

€7.00

### ALLERGEN INFORMATION

1. Cereals containing gluten 2. Crustaceans 3. Egg 4. Fish 5. Peanut 6. Soya beans 7. Milk/Dairy  
8. Nuts 9. Celery 10. Mustard 11. Sesame seeds 12. Sulphur Dioxide 13. Lupin 14. Molluscs

# Lunch Menu



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