

CARLTON
HOTEL & C SPA
KINSALE
A CARLTON HOTEL

ROCKPOOL RESTAURANT

Starters:

Baked West Cork Crab & Prawn Gratin with Toasted Focaccia Bread	€8.95
Local Oysters "3 Ways"	€7.50
Duo of Monkfish & Prawn Scampi, Homemade Tartar	€12.95
Carlton Smokie of Naturally Smoked Haddock	€9.95
Locally Farmed Free Range Coarse Chicken & Duck Liver Pate	€7.50
Baked Button Mushrooms with Smoked Gubeen Bacon & a Blue Cheese Crust	€6.50
Clonakilty White Pudding & Foie Gras Potato Cake with Cured Ham, Fried Hens Egg & Rocket Salad	€8.50
Carpaccio of West Cork Dry Aged Beef Fillet, Rocket, Olive Oil & Shaved Parmesan	€12.50

Soups:

Lightly Spiced Local Seafood Chowder	€8.50
Rockpool Minestrone Soup	€6.95
Soup of the Day	€5.50

Salads:

Crayfish Caesar Salad	€12.50
Tossed Salad of Feta Cheese, Black Olives, Shaved Parmesan	€9.50
West Cork Platter of Meats & Cheeses	€12.50

ROCKPOOL RESTAURANT

Main Course

On the Rock:

(Dishes served on a Superheated Polished Volcanic Rock, heated to 440C. This method of cooking has been used since 2000BC, no oils or fats are used in the process as such is a very healthy way to eat. Remember - the rock will cook your food but will also cook your hand should you choose to touch it!)

Dear Guests all Steaks & Fillets are also Available to be Cooked by the Chef
According Your Liking

1. Dry Aged West Cork Angus Sirloin
8oz €19.95 10oz €23.95 12oz €25.95 14oz €29.95
2. Dry Aged West Cork Angus Fillet 6oz €21.95 9oz €28.95
3. Dry Aged Angus Rib Eye 10oz €21.95

(Twomey Family Butchers, Macroom, Co. Cork, dry-age all of our steaks for a minimum of 28 days until fully matured)

Lightly Smoked East Ferry Duck Breast	€19.95
Loin of Yellow Fin Tuna	€19.95
Kebab of Scallops & Prawns	€23.95
Vegetarian Kebab	€15.95

Choose 2 of the following sides to accompany your rock:

Vegetables of the day, Gratin Potato, Chunky Fries, Rocket & Parmesan Salad,
Buttered Asparagus spears

Top off your rock by adding any of the following:

Pan Fried Escalope of Foie Gras	€5
Prawn Kebab	€5
Seared Scallops	€9

ROCKPOOL RESTAURANT

Main Course

Off the Rock:

Pan Fried Fillet of Salmon, Fennel Seed & White Crab Mash, Buttered Asparagus,
Tomato & Caraway Seed Volute €17.95

Roast Supreme of Cornfed Chicken, Casserole of Baby white Beans, Garden Peas,
Baby Onions in a Rosemary & Cashel Blue Cream Sauce €15.95

Roast Fillet and Belly of Kilbrittan Pork, Swede puree & Cider Jus
€17.95

Monkfish Scampi, Chunky Chips, Fennel Slaw, Homemade Tartar
€23.95

Roast Fillet of Cod, Pancetta, Crayfish & Lobster Cream €22.95

Roast Rack & Rump of East Cork Lamb, Crushed Mint Potatoes, Carrot Puree,
Rosemary Jus €24.95

Vegetarian Dish of the Day €14.95

Fish of the Day €17.95

On the Side (€3.00)

Chunky Chips, Gratin Potato, Vegetable of the Day, Rocket & Parmesan Salad,
Buttered Asparagus Spears

CARLTON
HOTEL & C SPA
KINSALE
A CARLTON HOTEL

ROCKPOOL RESTAURANT

Desserts

- "Eton Mess" Jameson's whipped Cream Served with Crushed Vanilla Meringue,
Poached Strawberries, Toasted Oats and Almonds €7.50*
- Warm Dark Chocolate and Hazelnut Brownie Served With Vanilla Anglaise, Stewed
Black Berry Compote and Mascarpone Cream €7.50*
- Fresh Ginger and Lemon Possett Served with Homemade Lemon Short Bread
Biscuits €7.50*
- Iced Rhubarb Soufflé with a Cinnamon Crumble Topping, Brambley Apple and
Orange Puree €7.50*
- White Chocolate Mousse served with Mixed Berry Compote, Dark Chocolate
Syrup and Corn Butter Biscuits €7.50*
- Selection of Irish Cheeses served with Pickled Celery Stick's,
Homemade Cranberry Chutney €8.50*

SPECIALTY COFFEE €6.00

Irish Coffee

The Irish Authenticity

Baileys Coffee

The fine Irish Sweetness never Forgotten

Calypso Coffee

For the lovers of this Liqueur Tia Maria

French Coffee

The real taste of Brandy and always at its best