



ATRIUM

AT THE RED COW MORAN HOTEL

We endeavour to source as much of our produce from local / Irish suppliers, where this is not possible, we only use ethically sourced ingredients.

V = Vegetarian VE - Vegan

STARTERS

GRILLED ASPARAGUS (3,7) (V)	€9.95
With poached free-range eggs	
SPICY CHICKEN WINGS (1,7,9,12)	€9.50
Tossed in a Louisiana butter sauce with sour cream & celery	
CHEESY RAVIOLI FRITTI (V) (1,7,9,12)	€8.75
Four-cheese ravioli in a spicy arrabiata sauce	
CREAMED SOUP OF THE DAY (1,7)	€6.50
FRESH HOMEMADE BROTH	€6.50
Both served with Homemade bread (1)	
GARLIC BREAD, OLIVE OIL, PARSLEY (VE) (1)	€6.50
SIMPLY WARM SOURDOUGH (VE) (1,12)	€4.15
Tear-&-share sourdough, extra virgin olive oil & balsamic	

BRUSCHETTA

SMOKED PROVOLA & MOZZARELLA CHEESE (1,7)	€7.95
TOMATO (VE) (1,7,12)	€7.25
Slow-roasted tomatoes, Mozzarella, extra virgin olive oil, balsamic & basil	
ROAST PEPPERS (VE) (1)	€7.25
Our roasted peppers are marinated in extra virgin olive oil & gently flavoured with garlic & parsley	
BALSAMIC ONIONS & CHIVE (VE)	€7.25

FROM THE GRILL (Available from 5pm)

*All our meats are cooked on our woodfire Mibrasa grill and served with sautéed mushroom, crispy tobacco onions, grilled cherry tomato and chunky chips with a choice of pepper sauce, garlic butter or mushroom sauce. (1,7,10,12) **

HOUSE FAVOURITE - MOHAWK STEAK *	
(served on the bone)	€32.00
8oz BLACK ANGUS FILLET STEAK *	€31.00
10oz BLACK ANGUS RIBEYE STEAK *	€29.00
10oz BLACK ANGUS SIRLOIN STEAK *	€28.00

ALLERGENS

GLUTEN = 1, CRUSTACEANS = 2, EGGS = 3, FISH = 4, PEANUTS = 5, SOYA = 6, MILK = 7, NUTS = 8, CELERY = 9, MUSTARD = 10,

GRILLED PORK CHOP * **€26.00**
(ADD KING PRAWNS GARLIC BUTTER (2,7) €5.50)

SIDES

PANCETTA, GARLIC & PARMESAN FRIES (1,7)	€5.00
TENDER STEM BROCCOLI & PINE NUTS (8)	€4.00
MAC N CHEESE (1,7)	€4.00
TOBACCO ONION RINGS (1,7)	€4.00
SAUTEED MUSHROOMS & ONIONS (7)	€4.00
MIXED GARDEN SALAD (10)	€4.00
PARMESAN FRIES (1,7)	€4.00
FRENCH FRIES	€3.25

CHILDREN'S MENU

All children's meals are €8.95 and include a choice of fries, pasta or mash and FREE soft whip ice cream (7)

MAC AND CHEESE (1,7)	
CHICKEN GOUJONS (1,7)	
HOME MADE FISH GOUJONS (1,4,7)	
BOB BURKES PORK SAUSAGES (1,9)	
LINGUINE WITH HOMEMADE TOMATO SAUCE & GRATED PARMESAN (1,7)	
7" PIZZA MARGARITA (1,7)	
SPAGHETTI BOLOGNESE (1,7,12)	

DESSERTS

ARTISANAL IRISH CHEESE BOARD (1,7,9,12)	€12.95
Selection of Irish cheese (Cashel Blue, Wicklow Brie, Smoked Gubeen), crackers & fruit with a ginger chutney	
TIRAMISU (1,3,7,12)	€7.00
Vanilla ice cream	
FERRERO ROCHER CHEESECAKE (1,3,7)	€7.00
Salted caramel ice cream	
WARM BREAD & BUTTER PUDDING (1,3,7,8)	€7.00
Homemade custard	
ICECREAM IN A BRANDY SNAP BASKET (1,7)	€7.00
Vanilla, salted caramel, chocolate, strawberry (Choose 3)	

MILKSHAKES

VANILLA (7) | CHOCOLATE (7) | STRAWBERRY (7) | COOKIE CRUNCH (1,7) *small* €4.25 | *regular* €5.75

BOOZY SHAKES

BOOZY BAILEYS (7)	€9.25
Baileys, vanilla ice cream, chocolate shavings	
TOM PEDRO (7)	
Kahlua, vanilla ice cream	
STRAWBERRY SHORTCAKE (7)	
Pink Gin, fresh strawberries, vanilla ice cream	

SESAME SEEDS = 11, SULPHUR DIOXIDE & SULPHITES = 12, LUPIN = 13, MOLLUSCS = 14

Our 12" pizzas are Alla Romana style with thin base and are Wood Fired until crispy



Available for takeaway @ www.redcowathome.ie

Our dough is vegan & topped with our special homemade tomato sauce, Macrooom mozzarella & the best locally sourced produce

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FLAT BREADS

*Vegan mozzarella available on request
(+ mozzarella, black olive tapenade €1)*

GARLIC (V) (1,7,12) €5.25
Stone-baked with herby garlic butter

MOZZARELLA & CHORIZO (1,7,12) €7.25

CAPRESE (1,7,8, PINE NUTS) €7.25
Macrooom buffalo mozzarella, tomato, basil pesto

FLATBREAD RED COW STYLE (1,7) €15.00
Tender strips of Prime Fillet Steak on bechamel cheese & onion puree, topped with fresh rocket & grated parmesan

STONE BAKED PIZZA

All with homemade tomato sauce & Macrooom buffalo mozzarella

TOM'S CHOICE - HOUSE FAVOURITE (1,4,8, Pine nuts) €18.50
Tenders strips of Prime Fillet Steak, red onion, topped off with fresh rocket & a choice of chili oil, Caesar dressing or basil pesto

POSH PEPPERONI (1,7) €15.50
Artisan Irish pepperoni & fennel salami, topped with oregano

THE PROSCIUTTO (1,7) €15.50
Prosciutto, Fiorello cheese, rocket & extra virgin olive oil

MUSROOM & PARMA HAM (1,7) €15.50
Tomato, wild & fresh mushrooms, Parma ham, mozzarella

SOME LIKE IT HOT (1,7) €15.50
Fiorello cheese, picante, Cajun chicken, spicy artisan Irish pepperoni, oregano & chili

THE REBEL (1,7,8, Walnuts) €15.50
Macrooom mozzarella, Ardsallagh goats' cheese pancetta, candied walnuts, maple syrup

THE BIG CHEESE (V) (1,7) €15.50
Cashel blue, Macrooom buffalo mozzarella, Ardsallagh goats' cheese, Wicklow brie

LOADED MARGHERITA (V) (1,7) €14.50
Fiorello cheese, rocket & Parmesan, basil & extra virgin olive oil

MOOVELLOUS MARGHERITA (V) €13.95
Tomato sauce, Macrooom mozzarella, basil & extra virgin olive oil

MAKE YOUR OWN - add any of the following toppings to our Moovellous Margarita

Any meat @ €2 | Any veg/salad items @ €1
Mushrooms PineapplePepperoni
Green Pepper Rocket
Parma Ham Red Peppers Cashel Blue
Chorizo Red Onion Wicklow Brie
Cajun chicken Walnuts Fresh Basil
Pancetta Sweetcorn Anchovies

PASTA

SEABASS COURGETTE SPAGHETTI (4,7,12) €24.50
Grilled sea bass fillets, buttered courgette spaghetti Verde salsa

LINGUINE WITH SEAFOOD (1,2,12,14) €22.00
Grilled prawn, mussels, clams, calamari, tomato, & chilli

TAGLIATELLE CHICKEN BREAST (1,6,9,12) €22.00
Pan fried breast of chicken wrapped in Parma ham stuffed with roast peppers & tomato sauce

CHEFS CHOICE - PRAWN LINGUINE (1,2,7,12) €19.20
Garlicky prawns with tomato, fennel, fresh chili & rocket

LINGUINE POMODORO (VE) (1,12) €17.50
Cherry tomatoes & fresh basil

ASPARAGUS & PEA RISOTTO (V) (7,12) €17.50
Asparagus, pea & leek, served with Arborio rice

RIGATONI ARRABBIATA (VE) (1,12) €17.50
Chili, garlic, & tomato

CLASSIC CARBONARA (1,7) €17.25
Cream sauce with smoky pancetta cracked black pepper, leeks & parmesan, casarecce pasta

SPINACH & RICOTTA RAVIOLI (V) (1,7) €17.25
Whipped buffalo ricotta & spinach pasta parcels in tomato sauce with Fiorello cheese & basil

TAGLIATELLE BOLOGNESE (1,7,12) €16.75
Rich pork, beef & red wine ragù, topped with Parmesan

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