



THE MARITIME BAR
Bantry • West Cork

ALL DAY MENU

STARTERS

Chef's Homemade Soup of the Day	€6.75	Tiger Prawn & Monkfish Pasta	€22.00
"Róisín's" Homemade Brown Bread		White Wine Sauce & Garlic Bread	
1 / 2 / 3 / 4 / 6 / 7 / 9 / 12 / 14		1 / 2 / 3 / 4 / 6 / 7 / 9 / 12 / 14	
The Maritime's Atlantic Chunky Chowder	€11.50	Crispy Castletownbere Fish & Chips	€20.50
"Róisín's" Homemade Brown Bread		Sherkin Lass Beer Batter, Tartar Sauce	
1 / 2 / 4 / 6 / 7 / 9 / 12 / 14		1 / 3 / 4 / 6 / 7 / 12	
Baked Goats Cheese & Portobello Mushroom	€12.00	Japanese Katsu Curry	€20.50
Beetroot & Roquette Salad		Jasmine Rice & Pickled Cucumber. With Chicken or with Tofu	
1 / 6 / 7 / 8 / 10 / 12		1 / 3 / 6 / 7 / 9 / 11 / 12	
Glenbeigh Mussels	Starter	6oz Vegan Burger	€18.50
Parsley, Cream, Shallots & White Wine Sauce with Crispy Bread	€12.50	Toasted Bap, Red Onion Relish, Tomato, Lettuce, Chips	
1 / 7 / 9 / 12 / 14	Main	1 / 9 / 10 / 12	
Sticky Honey & Sesame Seeds Chicken Wings	€18.50	Stacked Fastnet Signature Irish Beef Burger	€19.50
Main Served with Salad & Fries		Pulled Beef, Scaramatta Smoked Cheese, Tomato, Lettuce, Relish, Brioche Bun & Chips	
1 / 6 / 7 / 10 / 11 / 12		1 / 3 / 6 / 7 / 9 / 10 / 11 / 12	

SIDES

€4.50

Creamy Champ Mash	
7 / 12	
Panache Vegetables	
9	
Chips	
1	
Mixed House Salad	
10	
Onion Rings	
1 / 3 / 7	

MAINS

10oz Irish Sirloin Steak	€32.50
Fried Onions, Choice of two sides & Choice of Garlic Butter or Peppercorn Sauce	
1 / 6 / 7 / 9 / 10 / 12	
Roast of the Day	€19.50
Ask your server	
1 / 7 / 9 / 10 / 12	
Local Catch of the Day	€22.50
Ask your server	
1 / 2 / 4 / 6 / 7 / 9 / 12 / 14	

Allergens

1: Cereals containing gluten | 1w: Wheat | 1b: Barley
1o: Oats | 1r: Rye | 2: Crustaceans | 3: Eggs | 4: Fish
5: Peanuts | 6: Soy Beans, | 7: Milk/Dairy | 8: Nuts
8a: Almonds | 8b: Brazil | 8c: Cashews | 8h: Hazelnuts
8m: Macadamia | 8pe: Pecans | 8pi: Pistachios
8w: Walnuts | 9: Celery | 10: Mustard | 11: Sesame Seeds
12: Sulphites | 13: Lupin | 14: Mollusc

Please let your server know if you have any allergens so they can help you make the best choice as allergen free dishes may be available with substitutes. Traces of any allergen may be found in all dishes, so please specify your allergen to the server to guarantee the kitchen is aware.

WE USE 100% IRISH BEEF ACROSS OUR KITCHENS



Musgrave

