

Starters & Tapas

BLUE HAVEN AMUSE-BOUCHE
To share when reading our menu
8 pieces serves 2-4

"BAG OF DOUGHNUTS A LA MER" - €12.50
Crab and shrimp fritters with
lime & cilantro mayonnaise

SEASONALLY INSPIRED
SOUP OF THE DAY (GF) - €5.50
Served with daily baked soda bread

BLACK PUDDING BON BON - €9.90
Breaded and fried Ballinwillin House Wild Boar black
pudding & smoked Gubbeen cheese, apple, watercress

BLUE HAVEN SEAFOOD CHOWDER (GF) - €8.90
Made with salmon, hake, smoked haddock, mussels
& prawns and served with daily baked soda bread

PEACHES AND GOATS CHEESE SALAD - €9.50
Pickled peaches, goat's cheese, rocket leaves,
caramelized crushed walnuts and asparagus
drizzled with balsamic reduction

IRISH PRAWNS PIL PIL - €12.90
Irish prawns, garlic, chilli, spring onion
and olive oil served with toasted sourdough

BLUE HAVEN FISHCAKE - €9.50
Smoked haddock fishcake, curry mayonnaise,
green herb oil

COURGETTE FRITTI (V) (GF) - €7.50
Crispy battered courgette strips tossed in parmesan
with garlic aioli

BLUE HAVEN WINGS (GF) - €9.50
Finished in a fiery Louisiana hot sauce, Cashel Blue
Cheese mayo dip and celery sticks

UNION HALL HOT SMOKED SALMON SALAD - €12.90
Horizon Farm leaves, red onion, pickled summer radish,
crispy capers, horseradish crème fraiche & sourdough croutons

FREE-RANGE CHICKEN LIVER PATE - €9.50
Brioche crostini, red onion marmalade,
crispy capers, rocket

CREAMY SEAFOOD CRÊPE
*HOUSE SPECIAL - €12.00
A mix of smoked and fresh seafood bound in a
creamy sauce filled into a French style crepe
sitting on a traditional bisque and topped with
salmon roe

WEST CORK MUSSELS (GF) - €10.50
Finished with a garlic white wine parsley
cream sauce & garlic crostini

A TASTE OF IRELAND
TAPAS BOARD FOR TWO - €14.50
Selection of produce from our preferred Local
Artisan Suppliers: Gubbeen chorizo, Ummera
smoked duck, English Market spiced beef,
Ballinwillin House venison salami, Macroom
buffalo mozzarella, Cashel Blue Cheese, house
marinated olives, sun blushed tomatoes, bread

Oysters FROM JAMIE DWYER OF HAVEN SHELLFISH

All served on crushed ice with lemon and seaweed

| | 3 | 6 | 12 |
|--|-------|--------|--------|
| WASABI DRESSING, MICRO CORIANDER & PICKLED GINGER | €7.50 | €13.50 | €25.00 |
| SERVED NAKED WITH MURPHY'S SHOT & TABASCO | €7.50 | €13.50 | €25.00 |
| CUCUMBER SORBET & BURNT BLACK PEPPER | €7.50 | €13.50 | €25.00 |
| SCANDINAVIAN STYLE, CHOPPED DILL, CAPERS & LEMON JUICE | €7.50 | €13.50 | €25.00 |
| BLOODY MARY DRESSING & CELERY RIBBONS | €7.50 | €13.50 | €25.00 |
| SHALLOT, CHIVE & CHILLI VINAIGRETTE | €7.50 | €13.50 | €25.00 |
| POMELO, SEA SALT, CRÈME FRAICHE | €7.50 | €13.50 | €25.00 |
| OYSTERHAVEN OYSTER PLATTER Served Naked on Ice with Tobasco & Lemon | €7.50 | €13.50 | €25.00 |

| | 3 | 6 | 12 |
|---|-------|--------|--------|
| Oysterhaven Grilled Oyster Platter | | | |
| ROASTED TOMATO, AGED PARMESAN & BASIL CRUMB | €8.00 | €15.50 | €26.50 |
| SAMPHIRE & GARLIC | €8.00 | €15.50 | €26.50 |
| CASHEL BLUE CHEESE | €8.00 | €15.50 | €26.50 |

Main Courses

BLUE HAVEN FISH PIE - €17.50
Hake, salmon, smoked haddock and prawns bound
in a white wine cream velouté, topped with piped
creamed potatoes, and grilled with Hegarty's
mature cheddar with fries. Served with fries

CLASSIC BLUE HAVEN
FISH & CHIPS - €17.50
Served in a crispy Kinsale Pale Ale batter with
mushy peas, tartar sauce and a lemon wedge

BLUE HAVEN FISH TACO - €17.50
With white fish pieces in a crispy Kinsale Pale
Ale batter, Chipotle Mayo, red cabbage & jalapenos
all loaded in tortilla wrap with Pico de Gallo
salsa, dill yogurt and served with fries

GRILLED WEST CORK HAKE (GF) - €18.50
West Cork mussels, leeks, peas, mashed
potato with warm tartar sauce and
Horizon Farm leaves

WEST CORK MUSSELS & FRITES (GF) - €18.50
Cooked in a shallot, white wine & cream sauce
served with French fries and garlic crostini's

8oz HOMEMADE BURGER - €17.90
Smoked streaky bacon, Irish cheddar cheese, cos
lettuce, onion rings, Ballinmaloe relish and
Sriracha mayo, served in a brioche bun with
a side of house slaw (up to 20 mins cooking time)

ROAST IRISH SUPREME OF CHICKEN (GF) - €17.90
Served with wild Irish mushroom cream sauce, fresh basil
gnocchi and topped with rocket leaves

SEAFOOD KORMA - €18.50
Atlantic hake, smoked haddock, prawns and mussels
cooked with fresh peas in a creamy cashew, almond
and coconut curry sauce. Served with Basmati
Rice and fresh baked naan

FRESH LOCAL CATCH OF THE DAY - € MARKET PRICE
Served with creamed potatoes and buttered French beans

ROAST CAULIFLOWER "STEAK" (GF) (V) - €16.50
Roasted cauliflower, fermented cashew cream, warm
bean salsa, crispy chick peas and micro herbs

Steaks

ALL OUR STEAKS ARE 100% IRISH FROM WEST CORK FARMS,
AND DRY AGED TO PERFECTION FOR A MINIMUM OF 28 DAYS

STEAK TOPPERS
Garlic prawns - €4.50 | Fried Organic egg - €2.50
Sautéed mushrooms & onions - €2.50

10oz RIB EYE STEAK - €29.50

9oz SIRLOIN STEAK - €30.50

8oz FILLET STEAK - €34.00

All our steaks are accompanied by beer batter onion rings, and are
served with fries or creamy mashed potatoes and buttered
French beans or mixed leaf salad.

Choose your Sauce: Red Win Jus, Garlic Butter or Pepper Sauce

(GF) GLUTEN FREE (V) VEGETARIAN

PLEASE BE AWARE OUR KITCHEN CONTAINS ALL 14 ALLERGENS.

PLEASE ASK YOUR SERVER FOR OUR LIST OF ALLERGENS.



Pizza, Pasta & Salads

THE WEST CORK PIG - €14.50

Smoked scamorza cheese, pulled pork, Ballinwillin House wild boar black pudding, crispy sage, mango chutney

THE IRISH ITALIAN - €14.50

Macroom buffalo mozzarella, parmesan, serrano ham, basil pesto, rocket leaves, balsamic glaze

THE CELTIC CALZONE - €15.50

Macroom buffalo mozzarella, fried streaky bacon, onions, chopped tomato, wild Irish mushrooms, fresh tarragon

WILD IRISH MUSHROOM

TAGLIATELLE (V) - €15.50

Bound in a creamy sauce with tarragon, finished with parmesan and pine nuts, served with garlic crostini

LENTIL SALAD WITH HORIZON FARM LEAVES AND POMEGRANATE (V) - €13.95

Lentils, avocado, spinach, pecan nuts, feta cheese, chopped apple and pomegranate tossed with tahini orange dressing with toasted sourdough

CHICKEN CAESAR SALAD - €14.95

Sliced marinated chicken breast, baby gem, crispy bacon, anchovies, parmesan cheese, herb croutons and Caesar dressing

CRUNCHY ASIAN SALAD

WITH SMOKED MACKEREL - €15.50

Red cabbage, carrot, cucumber, peppers, in chilli ginger dressing, garnished with sesame seeds and peanut crumbs

Side Orders

MIXED LEAF SALAD WITH HONEY & MUSTARD DRESSING (GF) - €4.00

BUTTERED FRENCH BEANS (GF) - €4.00

SEA SALT FRENCH FRIES (GF) - €4.00

CREAMY MASHED POTATOES (GF) - €4.00

BEER BATTERED ONION RINGS - €4.00

COLESLAW - €2.50

Desserts & Sundaes

OAT & HAZELNUT SUMMER BERRY CRUMBLE - €6.90

With crème anglaise & vanilla bean ice cream

STICKY TOFFEE PUDDING - €6.90

With salted caramel sauce and rum & raisin ice-cream

TRIO OF BROWNIES - €7.50

Raspberry, caramel & chocolate brownies with praline ice cream and chocolate sauce

BLUE HAVEN SIGNATURE CHOCOLATE ICE CREAM SUNDAE - €8.50

With chocolate brownie pieces, waffles, black forrest cherries, Belgian double chocolate ice cream, pralines & cream ice cream, vanilla bean whipped cream, chocolate chips & chocolate sauce

ETON MESS SUNDAE - €8.50

With vanilla bean ice cream, white chocolate sauce, white chocolate shards, Swiss meringue & fresh Irish strawberries

IRISH CHEESE BOARD - €13.50

Cashel Blue (Semi-soft from Cashel, Co. Tipperary), Durrus Farmhouse (Semi-soft from Coomkeen, West Cork), Knockanore oak smoked cheddar (Hard Oakwood Smoked, Ballyneety, in Waterford), Hegarty's Long Aged Cheddar (Firm nutty flavoured cheddar made in Co. Cork) Ballymaloe relish, chilled grapes & artisan savoury biscuits

Our Food Ethos: We cook everything fresh to order, so please allow adequate cooking time for each dish. All our breads & pastries are baked in our own bakery. All of our Beef, Chicken, Lamb, Duck, Pork, Bacon, Potatoes & Eggs are sourced from Members of Irish Quality Assurance Schemes & Local Suppliers. Our local suppliers include Horizon Farms in Kinsale, Hegarty's Cheddar, Haven Shellfish Oysterhaven, Glenown Ice Cream, Kellehers Meats, Yogi Micro Herbs, Ballinwillin House Farm, West Cork Olives, O'Connell Seafoods, Coolcower Meats & Ummara Irish Smokehouse. We, where possible, source our produce from surrounding areas in the interests of both quality and carbon footprint.



(GF) GLUTEN FREE (V) VEGETARIAN

PLEASE BE AWARE OUR KITCHEN CONTAINS ALL 14 ALLERGENS.

PLEASE ASK YOUR SERVER FOR OUR LIST OF ALLERGENS.

Unfortunately due to the set up of our system, we are unable to split bills. Thank you for your cooperation.

021 472209
INFO@BLUEHAVENKINSALE.COM

Teas & Coffees

| | REG | LGE |
|------------------------|--------|-------|
| AMERICANO | €2.80 | €3.20 |
| CAPPUCCINO | €3.20 | €3.40 |
| WHITE COFFEE | €3.00 | €3.20 |
| CAFFE LATTE | €3.20 | |
| MOCHA | €3.20 | |
| ESPRESSO | €2.70 | |
| DOUBLE ESPRESSO | €2.90 | |
| TEA | €2.50 | |
| HERBAL TEA | €3.10 | |
| HOT CHOCOLATE | €3.50 | |
| EXTRA SHOT | €0.60 | |
| MONIN FLAVOURED SYRUPS | €0.60 | |
| WEST CORK IRISH COFFEE | €7.00 | |
| JAMESON IRISH COFFEE | €7.00 | |
| CALYPSO COFFEE | €7.00 | |
| BAILEYS COFFEE | €7.00 | |
| FRENCH COFFEE | €7.00 | |
| ESPRESSO MARTINI | €10.50 | |
| FRENCH MARTINI | €10.50 | |

BLUE HAVEN COFFEE BLEND

Roasted specifically for us each week locally in Cork and blended from the finest Brazilian and Mexican arabicas, our blend has a creamy rich body and exhibits flavours of milk, chocolate, cherry and hazelnut in espresso. The addition of milk sweetens it further and tempers any traditional roast notes. We hope you enjoy this unique Blue Haven blend.

BLUE HAVEN SIGNATURE
NUTELLA HOT CHOCOLATE €5.50
Topped with whipped cream, Maltesers and biscuit



WWW.BLUEHAVENKINSALE.COM

The Blue Haven Hotel is built on the site of the Old Fish Market and Meat Market in the town dating back to 1784