



Jack B's Bar Lounge Menu
Mon-sat 12pm-3pm

Soup of the Day €8

Served with Soda bread
(2 wheat, 7, 14)

Sligo Seafood Chowder €13

A medley of fresh fish in a light
seafood velouté, with homemade
Guinness bread
(1, 2 wheat, 5, 7, 14)

Free Range Irish Egg & Cress €13

Served on homemade Guinness
bread (2 wheat, 4, 7, 14)

Cajun Spiced Chicken Wrap €15

Cajun chicken, rocket, roasted red
peppers, mango & lime mayonnaise,
served with sweet potato fries
(2 wheat, 4)

Smoked Salmon & Chive Cream

Cheese Bagel €14

Atlantic smoked salmon on toasted
bagel
(2 wheat, 3, 4, 5, 7, 14)

Soup of the day and sandwich

combo with 3 fillings €13.95

(2 wheat, 4, 5, 7, 9, 14)

Triple Decker Chicken Club €16

Grilled Chicken & Bacon, lettuce,
tomato with garlic mayo served with
fries (2 wheat,4,7,14)

"The Park" Sharing Mezze Board €17

Toasted Focaccia, Deep Fried Brie,
Feta, Hummus, Pesto, Olives & Sun-
Dried Tomatoes
(2 wheat,14)

Sweet Chili Salmon Salad €16.50

Kale, rocket, cucumber, pomegranate
& pickled fennel
(5,14)

**Goats Cheese and Sun Dried tomato
tartlet €13.50**

Ballymaloe relish and rocket salad
(4,7,14)

Sandwich Selection €8

Freshly Made Sandwich

Choice of fillings: ham, chicken, tuna,
cheese, salad, lettuce, onion, tomato,
and cucumber
(2 wheat, 4, 5, 7, 9, 14)

gluten, 3 crustaceans, 4 eggs, 5 fish, 6
lupin, 7 dairy, 8 molluscs,
9 mustard, 10 tree nuts, 11 peanuts, 12 sesame seeds, 13 soya, 14
sulphites