



Vegan



Vegetarian

Gluten Free Option
Available - Ask us!Gluten
Free

JOHN BENNY'S

LIGHT BITES

Soup of the day  **6.50**

Today's homemade soup.
Éilís's brown bread.
7,9,12

Creamy Seafood Chowder  **11**

Rich Creamy fish soup, fresh &
smoked seafood. Éilís's brown bread.
4,6,7,9,12,13

Weekly Arancini  **9**

3 breaded and fried rice balls on a
bed of tomato sauce with basil oil.
1,7,9,10,12

6x Raw Oysters  **20**

Local Glenbeigh oysters over ice
with a side of shallot vinegar.
12,13

Feta & Beetroot Salad  **14**

Tossed salad with a lemon &
mustard dressing s/w garlic bread
1,7,10,12

Local Cromane Mussels 

In white wine & garlic
cream sauce. Served **14**
with our brown bread. **18.50**

Add a cup of Chips **3.50**

MAINS

Crispy Fried Fish & Chips **20**

Fish of the day in our beer batter.
Peas, homemade tartare sauce,
fries & salad. 1,3,4,6,7,9,10,12

Fish Pie  **21**

Salmon, Cod, Smoked Haddock in white
wine cream sauce topped with mash.
Served with fries & salad. 3,4,6,7,9,10,12

Chorizo & Roasted Veg Linguini **18**


Linguini pasta tossed in our homemade
tomato sauce with basil oil, parmesan
shavings, mediterranean veg & chorizo.
served with garlic bread. 1,6,7,9,10,12

Veggie version **17**
w/sundried tomatoStrand Street Salad  **15.50**

Marinated pan-fried chicken tossed
leaves, roasted peppers, caramelised
red onion, sundried tomatoes.
Lemon & mustard dressing.
6,9,10,11,12

Add a cup of Chips **3.50**Aromatic Curry 

A mild aromatic curry with seasonal
vegetables. Served with basmati rice,
mango chutney & poppadoms 7,9,10,13

 Cauliflower **17** Chicken **18**ON THE GRILLDouble Cheese Burger **20**

Double beef patties stacked with
crispy bacon, cheese, sauteed
onions and house burger sauce.
Fries & salad. 1,3,6,7,9,10,11,12

Seared 8oz Sirloin Steak  **31**

Sauteed Mushrooms & Onions,
Mash & herb roasted carrots.
Pepper sauce **or** Garlic Butter.
1,3,7,9,10,12

Oyster Mushroom Steak  **19.50**

Seared King Oyster Mushroom
Steak with teriyaki glaze, sautéed
garlic potatoes, pickled slaw.
6,9,10,11,12

All our Beef is 100% Irish



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KIDS MENU (under 14)

| | |
|---------------------------------------|-------------|
| Chicken Goujons & Chips 1,3,7 | 8 |
| Sausages & Chips 1 | 7.50 |
| Spaghetti in Tomato Sauce 1,6,9,10 | 7.50 |
| Kids 12" Pizza 1,6,7,10 | 11 |
| <i>Choose 2x toppings</i> | |
| <i>Ham, Mushroom, Pepperoni, Corn</i> | |
| (Extra topping €1) | |

SIDES

| | |
|---------------------------------------|-------------|
| Fries | 4.20 |
| Parmesan Truffle Fries 3,6,7,10,12 | 6.50 |
| House side salad 3,9,10,12 | 4 |
| Herb roasted carrots 7,10 | 4 |
| Baby Potatoes | 4 |
| Mashed Potato 7 | 4 |
| Slaw 3,10,12 | 3.50 |

DIPS

| | |
|--------------------------------|------------|
| Homemade Tartare Sauce 3,10,12 | 1.5 |
| Garlic Mayo 3,10,12 | 1 |
| Vegan Mayo 10 | 1 |
| Pepper sauce 1,7,9,10,12 | 1.5 |
| Sweet chilli | 1 |
| Ranch 3,7,10 | 1 |

DESSERTS

| | | |
|---|------------|--|
| Sticky Toffee Pudding 3,7,8 | 7.5 | |
| w/ butterscotch sauce | | |
| Warm Chocolate Brownie 1,3,7 | 7.5 | |
| w/ fresh cream | | |
| Bread & Butter Pudding 1,3,7 | 7.5 | |
| warm with custard | | |
| Ice Cream Selection 3,6,7 | 7.5 | |
| Vanilla, Mint, Strawberry | | |
| Vegan Apple pie 1,8 | 7.5 | |
| w/vegan caramel | | |
| Dessert of the Day | 7.5 | |
| Ask your server | | |
| Kiddies 1xScoop Ice Cream 3,6,7 | 3 | |
| Vanilla, mint or strawberry | | |

COFFEE BAR

| | |
|------------------------------|-------------|
| Espresso | 2.50 |
| Americano | 3.40 |
| Cappuccino/Latte | 3.80 |
| Mocha/Hot Chocolate | 4 |
| Barrys Tea | 2.50 |
| Herbal Tea | 3 |
| Irish Coffee | 7.50 |
| Baileys Coffee/Hot Chocolate | 7.50 |
| Dingle Single Malt Coffee | 11 |

No split checks - 1 card per table please

Allergens: 1-Gluten, 2-Crustaceans, 3-Eggs, 4-Fish, 5-Peanuts, 6-Soya, 7-Milk, 8-Nuts, 9-Celery, 10-Mustard, 11-Sesame Seeds, 12-Sulphur Dioxide, 13-Molluscs

WIFI CODE:**JBwifi123**