

## STARTERS

### Soup Of The Day 🕒

Wheaten bread

5.5

### Fried Chicken Wings 🕒

Sesame, Pickled Veg  
BBQ sauce OR Franks hot sauce

7

### Chicken & Bacon Caesar Salad 🕒

Chicken, Bacon, Dressed Leaves, Croutons, Parmesan, Caesar dressing

8

### Salt 'n' Chilli Chicken 🕒

Asian Slaw, Basil & Coriander Dressing, Honey & Chilli

8

### Bang Bang Cauliflower 🕒

Hot Sauce & Dressed Leaves

7

### Baked Four Cheese Garlic Bread 🕒

Rocket & Garlic Mayo

7

### Garlic Mushrooms 🕒

Parmesan & Garlic Oil

7

### Seafood Chowder

Catch of the Day, Peas, Potatoes, Herbs, White Wine Cream & Garlic Bread

8

#### Food Allergens & Intolerances

If you have any dietary requirements and/or if you suffer from any food allergies please speak to our staff for advice about the ingredients in your meal before making your order.

Please be advised that food allergens are handled in the kitchen and in some cases, allergens may be unavoidably present due to shared equipment

A discretionary 10% service charge will be added to tables of 6 or more. All tips go directly to your server

**BEAT THE  
CLOCK IS  
BACK!**

Turn the page to  
find out more

**MAINS****Salt 'n' Chilli Chicken** ⌚ **17**

Asian Slaw, Basil & Coriander Dressing, Honey & Chilli & Skinny Fries

**Southern Fried Chicken Burger** ⌚ **17**

Garlic Mayo, Gem, Brioche Bun & Skinny Fries

**Chargrilled Hereford Beef Burger** ⌚ **17**

Benedicts Burger sauce, Cheddar, Red Onion, Pickle, Beer Battered Onion Ring, Triple Cooked Chips

**Chicken Goujons** ⌚ **17**

Dressed Leaves, Sweet Chilli & Garlic Aioli Dips, Skinny Fries

**Peppered Chicken Stack** ⌚ **17**

Peppered Chicken, Champ, Tobacco onions, Pepper Sauce

**Chicken Curry** ⌚ **17**

Chicken, Peppers, Onions & Basmati Rice

**Honey Roasted Gammon** ⌚ **17**

Fried Hens Egg, Triple Cooked Chips, Black Pudding Crumb & Gravy

**Pork & Leek Sausage** ⌚ **17**

Mash & Onion Gravy

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## MAINS

**10oz Irish Dry Aged Sirloin Steak** 28

Mushroom, Tomato, Onion Ring, Triple Cooked Chips, Pepper Sauce

**8oz Dry Aged Fillet Steak** 32

Mushroom, Tomato, Onion Ring, Triple Cooked Chips, Pepper Sauce

**Keenan's Fish & Chips** ⌚ 17

Battered Haddock, Curry Sauce, Triple Cooked Chips

**Keenans Seabass Fillet** ⌚ 17

Herb Crushed Potatoes, Chorizo Butter &amp; Samphire

**Keenan's Skin On Smoked Cod** 18.5

Champ, Bacon &amp; Leek Cream, Lemon

**Keenan's Seafood Linguine** 19

Catch of The Day, Peas, Spinach, Garlic Bread

**BEAT THE CLOCK**

AVAILABLE MONDAY TO SATURDAY 5pm - 7pm

The **TIME YOU ORDER** (24hr clock) is the  
**PRICE** you pay for **ANY TWO COURSES**

e.g. ⌚ Starter & ⌚ Main at 5pm = £17.00

Offer applies to all starters, main courses & desserts marked with the clock symbol

## VEGAN & VEGETARIAN STARTERS

### Soup Of The Day 🕒

Sourdough bread VEGAN FRIENDLY

5.5

### Baked Four Cheese Garlic Bread 🕒

Rocket & Garlic Mayo VEGAN OPTION AVAILABLE

7

### Bang Bang Cauliflower 🕒

Hot Sauce & Dressed Leaves VEGAN FRIENDLY

7

### Garlic Mushrooms 🕒

Parmesan & Garlic Oil VEGAN OPTION AVAILABLE

7

### Salt 'n' Chilli Plant-It Strips 🕒

Asian Slaw, Basil & Coriander Dressing, Honey & Chilli  
VEGAN FRIENDLY

8

## VEGAN & VEGETARIAN MAINS

### Veggie Burger 🕒

Red Onion, Gem, Skinny Fries VEGAN OPTION AVAILABLE

16

### Salt 'n' Chilli Plant-It Strips 🕒

Asian Slaw, Basil & Coriander Dressing, Honey & Chilli & Skinny Fries  
VEGAN FRIENDLY

16

### Wild Mushroom Linguini 🕒

Regato, rocket, pine nuts VEGAN OPTION AVAILABLE

15

### Veggie Curry 🕒

Peppers, Onions, Crispy Cauliflower & Basmati Rice  
VEGAN OPTION AVAILABLE

15

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## **SIDES ALL £4**

Chunky Chips

Skinny Fries

Garlic Potatoes

Sweet Chilli Potatoes

Champ

Creamy Mash

Seasonal Veg

Beer Battered Onion Rings

Rocket, Tomato & Red Onion Salad

Garlic Bread

Cheesy Garlic Bread

## **SAUCES ALL £2**

Pepper Sauce

Gravy

White Wine Cream Sauce

Garlic Butter

Curry

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## TO FINISH

### Sticky Toffee Pudding 🕒

Toffee Sauce, Vanilla Ice Cream

7

### Cheesecake Of The Day 🕒

Chantilly Cream

7

### Chocolate & Coconut Tart 🕒

Chocolate Ice Cream, Berry Puree VEGAN OPTION AVAILABLE

7

### Apple Crumble Tart 🕒

Vanilla Ice Cream & Custard

7

### Selection Of Irish Cheeses

Apple, celery, chutney, crackers

9

## HOT DRINKS

Espresso	3
Americano	3
Cappuccino	3
Latte	3
Flat White	3
Mocha	3
Breakfast Tea	3
Speciality Tea	3

## LIQUEUR COFFEE

Irish Coffee	5.5
Russian Coffee	5.5
Coffee Royal	5.5
Calypso Coffee	5.5
Amaretto Coffee	5.5
Baileys Coffee	5.5
Caribbean Coffee	5.5

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## WINE

BOTTLE

LARGE  
GLASS  
250ml

SMALL  
GLASS  
175ml

### WHITE WINE

THE NED SAUVIGNON BLANC  
New Zealand

25 8.5 7.5

THE LANDINGS COLOMBARD CHARDONNAY  
Australia

19.5 7.5 6.5

DRY RIVER PINOT GRIGIO  
Australia

19.5 7.5 6.5

### RED WINE

TERRA NOBLE MERLOT  
Chile

19.5 8 7

THE LANDINGS SHIRAZ CABERNET  
Australia

19.5 8 7

EL CIPRÉS MALBEC  
Argentina

24 8 7

TERRA NOBLE CABERNET SAUVIGNON  
Chile

19.5

HEARTLANDS SHIRAZ  
South Australia

28

CARLOS SERRES RIOJA RESERVA  
Spain

28

### ROSÉ WINE

FOUNDERS STONE WHITE ZINFANDEL ROSÉ  
USA

19.5 7.5 6.5

### CHAMPAGNE & SPARKLING

MOËT & CHANDON  
France

85

VEUVE CLICQUOT BRUT  
France

60

CIELO PROSECCO  
Italy

28 7.5



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benedicts

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