

Gluten Free



Guest satisfaction is number one at the Curragh and we try to accommodate all guests in every dietary need. Our *gluten free* menu has been developed with considerable research to provide gluten free options. The information has been provided by suppliers and manufacturers of items used in the restaurant. We can not however guarantee that every item listed is and can be 100% gluten free. Items may be produced in facilities that may contain wheat allergens. Our kitchen and prep areas are not gluten free and cross contamination may occur. Food items are fried in the same oils or prepared and cooked on the same surfaces as gluten containing items.

Please inform your server or bartender of any dietary needs or food allergies. Please ask for a manager if you have any questions.

Ask your server for available Gluten Free Beer, Wine, Cider, and Liquor.

Starters

- GF Spinach and Artichoke Dip* 9.99
Our house spinach and artichoke dip served with vegetables and chips instead of bread.
- GF Chipotle Cilantro Hummus* 9.99
Roasted garlic cilantro hummus with chipotle purée. Served with assorted vegetables and corn chips.
- GF French Onion Soup* 5.99
A traditional onion soup with a twist of apple cider. Baked with Swiss cheese.

Salads

- GF Cobb* 12.99
Grilled chicken, egg, bacon, avocado, onion, and tomato over crisp Romaine lettuce with bleu cheese dressing.
- GF Caesar salad* Add Chicken 3 or Salmon 5 8.99
Crisp romaine lettuce in a classic Caesar dressing with shaved Romano cheese.
- GF Tenderloin Gorgonzola Salad* 12.99
Grilled tenderloin pieces, topped with a crumbled Gorgonzola cheese, and tomato on a bed of house greens. Drizzled with chipotle Gorgonzola dressing.
- GF Hellas Salad* 12.99
Fresh Romaine lettuce tossed in our house balsamic dressing, with kalamata olives, tomato, feta cheese, and grilled chicken.

Foods are prepared on surfaces that come in contact with gluten. Deep fried foods are prepared in oil that has had contact with gluten.

Add a side salad or bowl of French onion soup without the bread for 2.99

Main Course

GF Gaelic Steak 22.99

12 oz. New York strip steak topped with sautéed onions and mushrooms. Served with seasonal vegetables and mashed potatoes.

GF Corned Beef and Cabbage 14.99

We cook fresh brisket everyday. Corned beef served over savoy cabbage with mashed potatoes and a side of fresh horseradish.

GF Strawberry Salmon 18.99

Salmon topped with a sweet strawberry pecan butter served with seasonal vegetables and mashed potatoes.

Sandwiches

Add a side salad or bowl of French onion soup without the bread for 2.99

All sandwiches and burgers are served **NAKED** (no bread) with a side of coleslaw and corn chips.

A gluten free bun may be added for only 1.99

GF Curragh Reuben 11.49

A stack of lean corned beef, sauerkraut, Swiss cheese, and thousand island dressing.

GF Trinity Chicken Sandwich 11.99

Grilled chicken with basil pesto, Swiss cheese, and roasted peppers.

GF T.B.A. 11.49

All natural peppered turkey breast thinly sliced and layered with avocado, apple-smoked bacon, lettuce, tomato, and onion with chipotle aioli.

GF Portabella Sandwich 10.99

Roasted portabella mushrooms, fresh mozzarella, sun-dried tomatoes, and fresh basil.

GF Dublin Burger 12.99

Half pound fresh-ground sirloin, Dubliner cheese, and Irish bacon. Served with lettuce, tomato, and onion.

GF Cheeseburger 11.49

Half pound fresh-ground sirloin topped with American cheese. Served with lettuce, tomato, and onion.

GF Black and Tan 11.49

Natural turkey breast layered with corned beef, coleslaw, Swiss cheese, and thousand island dressing.

Ask your server about menu items that are cooked to order or served raw.

Notice: It has been determined that consuming raw or undercooked seafood, meat, fish, shellfish or poultry may increase your risk of food borne illness.

