

STARTERS

VEGETABLE SOUP€4.70

Served with Crusty Roll
(gluten, milk, eggs)

CAESAR SALAD.....€6.20

Crispy Lettuce, Bacon Lardons, Herbed
Croutons and Classic Caesar Dressing.

Add Chicken €1.00

(gluten, dairy, milk)

CORN NACHOS SHADOWS STYLE.....€6.20

Texas Chilli with Guacamole and Sour
Cream Dips
(milk)

CRISPY BREADED INISHOWEN MUSHROOMS.....€5.70

Mixed Salad and Garlic Mayonnaise
(gluten, celery, milk)

SEAFOOD CHOWDER.....€7.50

Smoked Cream based Chowder with
Smoked Fish, Fresh Fish, Potatoes,
Vegetables served with Wheaten bread
(gluten, fish, milk)

VOL AU VENT€6.20

Creamy Chicken and Ham Vol Au Vent
with Mustard Cress and Flavored Oils
(gluten, milk, eggs, fish product, mustard)

ITALIAN BRUSCHETTA.....€6.20

Toasted Ciabatta with Baby Spinach,
Roasted Peppers, Tomato, Mozzarella
Cheese & Basil Oil
(gluten, milk, eggs)

HOT WINGS.....€6.20

Deep Fried Chicken Wings with Hot Sauce,
Sour Cream & Celery
(celery, milk, mustard)

POTATO SKINS COMBO.....€6.20

Texas Chilli 'n' Cheese & Bacon 'n' Cheese
and Sour Cream
(milk, mustard)

GOATS CHEESE SALAD.....€6.20

Served with Beetroot, Red Onion
Marmalade in Filo Pastry with Chilli Jam
and a Leaf Salad
(Gluten)

The Late "Lake" Breakfast

Served from 12.30pm -
3pm every Saturday and
Sunday.

WWW.LAKEOFSHADOWS.COM



FAMILY CELEBRATION COMING UP?

Here at the Lake we can provide you with,
finger buffet, forked buffet or sit-down
dinner, all in our free function room.

Contact a member of our staff for any
queries you may have

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BURGERS

CLASSIC BURGER.....€11.90

Dressed Brioche Bap with the Lakes House Coleslaw
(gluten, milk, eggs, mustard)

GRILLED CHICKEN BURGER.....€13.50

Served with Avocado and Tomato
(gluten, milk, eggs, mustard)

CHILLI CHEESE BURGER.....€12.90

Ground Beef Burger with Texan Chili, Cheese and Spicy Mexican Fries

***Complete Dish**

(gluten, milk, eggs, mustard)

SHADOW BURGER.....€12.90

Dressed Brioche Bap with Grated Cheese, Cured Bacon and Tobacco Onions
(gluten, milk, eggs, mustard, celery, soy, sulphur dioxide)

STEAKS

8OZ FILLET STEAK.....€23.00

Fillet of Irish Beef with French Fried Onion and Black Pepper Sauce

(gluten, milk, eggs, mustard)

SIRLOIN STEAK

6OZ..... €16.50

10OZ€20.50

Served with a Cream Peppered Sauce
(gluten, milk, eggs, mustard)

STEAK AND CHICKEN COMBO.....€18.90

Blackened 6oz Sirloin and Fried Chicken Breast with a Creamy Pepper Sauce & French Fried Onion Rings

(gluten, milk, eggs, mustard)

STEAK TOPPERS - €2.00 EACH

Blue Cheese, Goats Cheese or Brie

- HOUSE WINE -



We have a great selection of house wine, red & white, that is sure to be a fantastic accompaniment with a tasty steak or burger.

Ask your waiter for our wine menu, and for our wine of the month

EXTRAS

PEPPER SAUCE.....€2.10

GARLIC BUTTER.....€1.00

HAND-CUT CHIPS.....€3.20

TEXAN FRIES.....€3.20

FRENCH FRIED ONIONS.....€3.50

VEGETABLES.....€3.10

CHICKEN

CHICKEN LOUISIANA.....€14.90

Breaded Chicken with BBQ Sauce,
Bacon and Cheese
(gluten, dairy)

LOW CALORIE GRILLED LEMON AND THYME CHICKEN.....€12.80

Served with Bean and Carrot Salad
(gluten, dairy, eggs)

TANDORRI CHICKEN BANG BANG....€14.90

Served on Naan Bread, Mixed Leaves
and Tandoori Mayo
(gluten, dair, eggs)

WARM CHICKEN 'N' BACON SALAD.....€14.90

Pan-fried chicken and bacon strips on
our house salad with honey & mustered
dressing (complete dish)
(gluten, dairy)

CAJUN CHICKEN.....€14.90

Pan Fried Breast of Chicken, with
Cajun Spice and Tobacco Onions
(gluten, dairy, eggs)

SALT 'N' CHILLI CHICKEN.....€14.90

Served with Steamed Rice
*Complete Dish
(gluten, milk, eggs, mustard)

CHICKEN MARYLAND.....€14.90

Breaded Chicken Escalope with a
Bacon Wrapped Tomato and Fruit
Fritters
(gluten, milk, eggs)

CHICKEN CAESAR SALAD.....€13.90

Served with Herb Croutons, Mustard
Dressing, Parmesan and Bacon Lardons
*Complete Dish
(gluten, dairy, eggs, mustard)

CHICKEN GOUJONS.....€14.90

Served with duo of dips
(gluten, milk, eggs)

SPECIALTIES

ROAST OF THE DAY.....€13.90

Chef's Choice served with Mash and
Vegetables
*Complete Dish
(gluten, dairy)

CHICKEN CURRY.....€14.90

Chicken Breast with Indian Spiced Curry
Sauce, Turmeric Rice, Naan Bread
*Complete Dish
(gluten, milk)

SPICY CHICKEN ARRABIATA.....€13.50

Pan Fried Chicken with Bacon and Spicy
Tomato and Penne Pasta
(gluten, dairy)

SIZZLING FAJITA.....€14.90

Spicy Onion and Peppers served with
Tortilla Wraps and Tomato Salsa and
Sour Cream
(gluten, milk)

CHICKEN CARBONARA.....€14.90

White Wine Cream, Bacon & Parmesan
Sauce Served with Garlic Bread
*Complete Dish
(gluten, milk, mustard, celery)

LASAGNE.....€12.90

Homemade Sicilian Lasagna with Garlic
Ciabatta and Roman Salad
*Complete Dish
(gluten, dairy, eggs)

FISH

BAKED SALMON.....€16.50

Served with Roast Ratatouille
(fish)

ROASTED COD FILLET.....€16.50

Served with Pan Fried Green Vegetables,
Lemon & Parsley Compound Butter
(fish, milk, mustard)

BAKED FILLET OF SEABASS.....€19.50

Served with Steamed Couscous and
Tagine of Vegetables
(fish, milk)

CRISPY BEER BATTERED COD.....€14.90

Served with Mush Peas and Tartar
Sauce
(gluten, dairy, eggs)

VEGETARIAN

GOATS CHEESE FRITTERS.....€12.50

Breaded Goats Cheese Fritters with
Spiced Apple Chutney on the Lakes
House Salad
(gluten, milk, mustered)

CAULIFLOWER, CHICKPEA & LENTIL KORMA.....€12.50

Served with Steamed Basmati Rice
*Complete Dish
(gluten, dairy, mustered)

- SIDES -

HOME-CUT CHIPS.....€3.15

SAUTE/GARLIC POTATO.....€3.15

SKINNY FRIES.....€3.15

CHAMP.....€3.50

SWEET POTATO CHIPS.....€3.15

BABY POTATOES.....€3.50

SEASONED WEDGES.....€3.15

CREAMED POTATOES.....€3.15

FRENCH FRIED ONIONS.....€3.15

SIDE SALAD.....€3.70

PIZZAS

THE LAKE SAYS

*All our pizzas are thin crust and freshly made to order.
Home-made tomato sauce and mozzarella are standard on all pizzas but can be made without the classic touch if you wish. Some orders may take up to 20 minutes during busy periods*

Extra toppings are charged at €0.85 per topping

CLASSIC / TRADITIONAL

6"

12"

MARGHERITA

€6.90

€10.40

Mozzarella cheese over home-made tomato sauce
(gluten, milk, eggs)

MEAT FEAST

€7.20

€12.50

Topped with ham, chicken, salami, pepperoni and bacon
(gluten, milk, eggs)

BBQ CHICKEN

€7.20

€11.80

Home-made BBQ sauce, topped with chicken, peppers and bacon
(gluten, milk, eggs)

SHADOWS PIZZA

€7.20

€12.30

Topped with chicken, ham, pepperoni, sweetcorn, red onion and pineapple
(gluten, milk, eggs)

TOLA SUPREME

€7.20

€12.30

St.tola goats cheese, red onion marmalade, sundried tomatoes, bacon, sweetcorn and finished with wild rocket
(gluten, milk, dairy)

**GLUTEN FREE PIZZA BASE AVAILABLE FOR 12" PIZZAS ONLY
EXTRA TOPPING €0.80**

DESSERTS

TRIO OF ICE CREAM.....€5.20

Vanilla, Strawberry, Chocolate, Mint,
Honeycomb
Choose your three flavours
(milk)

WARM CHOCOLATE FUDGE CAKE.....€5.20

A rich and intense warm chocolate
cake served with vanilla ice-cream
(gluten, milk, eggs)

APPLE PIE.....€5.20

Served with vanilla ice-cream
(gluten, milk, eggs)

CHEESECAKE OF THE DAY.....€5.70

Check with your waiter for our
cheesecake of the day
(gluten, milk, eggs)

BAKED ALASKA.....€5.70

A Genoese sponge with fruit, vanilla &
strawberry ice-cream, topped with
hot meringue
(gluten, milk, eggs)

DESSERT OF THE DAY.....€5.20

Check with your waiter for our
dessert of the day

COOKIES 'N' CREAM ICE CREAM SUNDAE.....€5.70

(gluten, dairy, eggs)

APPLE, RHUBARB & GRANOLA CRUMBLE.....€5.70

Served with ice Cream
(gluten, dairy, eggs)

CLASSIC KNICKERBOCKER GLORY.....€5.70

(gluten, dairy, eggs)

FRESH SUMMER FRUITS.....€5.70

Served with Granola and Natural Yoghurt



BEST
SELLER

EVEREST TEMPTATION

*A warm brownie
with crushed
meringue,
honeycomb ice-
cream, maltesers
and warm
butterscotch...*

*All served in
edible cone
- €6.80 -*

KIDS HOT CHOCOLATE FUDGE CAKE.....€4.10

Served with vanilla ice-cream

(gluten, milk, eggs)

KIDS ICE-CREAMS.....€3.20

Choose any two flavours:
vanilla, strawberry, chocolate, mint

GLUTEN FREE DESSERTS

WARM CHOCOLATE BROWNIE.....€5.50

Duo of chocolate sauce & fresh cream

(milk, soya, eggs)

TOBLERONE & ALMOND TORTE....€5.50

Gluten free almond cake topped with pieces of Toblerone

(milk, nuts, eggs)

GF WHITE CHOCOLATE & COCONUT HOUDINI.....€5.20

With Vanilla Ice Cream with Toffee Center Wrapped in Coconut Flakes and White Chocolate

(milk)

TRIO OF ICE CREAM.....€5.20

Vanilla, Strawberry, Chocolate, Mint or Honeycomb
Choose your three flavours

(milk)

HOT BEVERAGES

TEA FOR ONE/ TWO.....€1.90/ €3.00

HERBAL TEA.....€2.10

ESPRESSO, AMERICANO, DECAF.....€2.50

CAPPUCINO, MOCHA, HOT CHOCOLATE, FLAT WHITE, LATTE.....€2.80

IRISH COFFEE, COFFEE ROYAL.....€5.40

BAILEYS COFFEE / ITALIAN COFFEE.....€5.70