

## **Sample Menu**

**TASTING MENU €45 PER PERSON, OPTIONAL WINE PAIRINGS €30, A WINE TO ACCOMPANY EVERY COURSE**

BASTION RESTAURANT KINSALE

PRE FIXE FIVE COURSE TASTING MENU

### **OYSTERS**

Eton mess

### **CARROT & CARDAMOM**

Natural yoghurt, quail egg, horseradish, seeds

### **SEA BASS**

Torched bass, sauce bouillabaisse, fennel & spinach

### **LAMB RACK 'N' ROLL**

Roasted lamb rack, rolled shoulder, swede, celery, orange

### **LEMON TART**

Roasted almond crumb, frozen ricotta, candied ginger

*At Bastion we use mostly locally sourced products, in this menu alone our oysters come from Jamie Dwyer of Haven Shellfish (about 2 miles as the crow flies), our greens come from Kinsale's Horizon Farm, our fish from Padraig O' Donovan, Baltimore West Cork, our Lamb from Slaney Valley. Of course Ireland is now rivalling the French at the cheese making business so why wouldn't our cheese be Irish. Everything you eat at bastion is made in house from the bread at the beginning of your meal to the sweet treat with your coffee at the end*

**MUST BE ORDERED BY THE ENTIRE TABLE, AVAILABLE BETWEEN 5-6PM**

**Pre-booking for tasting is advised and appreciated**

**WE USE PRODUCTS FROM ALL 14 LISTED ALLERGENS ON THE IRISH HEALTH BOARDS REGISTER**