



F O U R S E A S O N S
H O T E L

MONAGHAN

EST. 1970



Eat local, enjoy local produce!

Our ethos is to source local high-quality fresh ingredients
creating excellent food at affordable prices.

Great Local Ingredients From Great Local Suppliers

BD Foods Based Near Glaslough - In Business Since 1988
Campbell Foods from Rockcorry - Family Run Business For Over Sixty Years
Gerry's Veg from Ballybay - Trading From 1998
Greenfield Foods In Smithboro - Growing in Business Over Forty Years
Lakeland Daries, Our Neighbours - Established Over A Century
Sillis Green Veg from Glaslough - In Business Since 1996

Please make a member of our service team aware
of any food intolerances or allergies when ordering.

The 14 Allergens

1 Eggs, 2 Milk, 3 Shellfish, 4 Molluscs, 5 Fish, 6 Peanuts, 7 Sesame,
8 Soya, 9 Sulphur Dioxide, 10 Nuts, 11 Cereals,
12 Celery, 13 Mustard, 14 Lupin

ASK ABOUT OUR DAILY SPECIALS!

Early Bird Menu

Monday to Thursday

5 - 7pm

SET 2 Courses

€20.95 per Person

Every Friday

Sharing Board plus Two Glasses of Wine

€20.95 for Two People

Our Sunday Best Carvery

12 noon to 6pm

Choose Two courses

€19.95 Per Person





Starters

*All our Beef Meat & Poultry are of Irish Origin
and are sourced using local suppliers where possible*

| | |
|---|--------|
| Sharing Board For Two ^(1,2,8,11,12) | €13.50 |
| BBQ. Baby Ribs, Sticky Chilli Wings, Garlic Mushrooms, Chips | |
| Seafood Chowder ^(2,3,5,11,12) | €7.25 |
| Selection of Fresh Fish, Fish Stock and Finished with Cream and Herbs, Homemade Guinness Brown Bread | |
| Homemade Soup of the Day | €5.50 |
| Ask Your Server for Variety of Soup and Selection of Available Breads | |
| Cheesy Garlic Ciabatta ^(2,8,11) | €4.95 |
| Crispy Button Mushrooms ^(1,2,8,11) | €6.25 |
| Garlic Aioli & Mixed Salad Leaves | |

Different Size Bites

| | Smaller | Larger |
|--|---------|--------|
| "Deep South" Chilli Chicken Wings ^(2,11,12) | €7.25 | €12.50 |
| Coated with Hot Sauce & Served with Blue Cheese Dressing & Celery Sticks | | |
| Succulent Baby Back Ribs ^(8,11,12,13) | €7.25 | €12.50 |
| Ribs Coated in BBQ Sauce & Served with Curried Slaw | | |
| Zingy Prawns ^(1,3,5) | €8.25 | €14.95 |
| Grilled Atlantic Prawns with Garlic, Chilli & Coriander, Coconut Cream Sauce, Pilaff Rice | | |
| Deep Fried Brie ^(1,2,8,10,11) | €7.25 | €12.50 |
| With Tossed Salad, Crumbled Walnuts, Served with Berry Compote | | |
| Warm Winter Salad ^(2,8,13) | €8.25 | €14.50 |
| Marinated Chicken, Tomato, Cucumber, Avocado, Red Onion, Sweetcorn, Warm Potato Croutons & Feta Cheese, Drizzled with Honey & Mustard Dressing | | |
| Salted Chilli Chicken ^(1,8,11) | €7.50 | €12.75 |
| Served with Asian Slaw & Sweet Chilli Mayo Dip | | |
| Fish Taco ^(1,2,5,8,11) | €8.25 | €14.95 |
| Battered Fish Goujons, served in a Soft Taco Shell, Jalapeno Relish, Tomato & Red Onion Salsa | | |
| Prawn & Smoked Salmon Salad ^(1,3,5) | €8.25 | €14.50 |
| Crisp Salad, Marie Rose Sauce & Lemon | | |
| FSH Caesar Salad ^(1,5,11) | €6.95 | €12.25 |
| Crisp Lettuce, Bacon, Croutons Tossed in Our House Dressing Or Topped with one of the following | | |
| Warm Cajun Chicken | €8.25 | €14.50 |
| Grilled Garlic Prawns | €8.95 | €15.75 |





Main Dishes

*All our Beef Meat & Poultry are of Irish Origin
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| | | |
|---|-------------------|--------|
| Chicken Stir Fry ^(1,2,8,11) | Vegetarian €13.95 | €17.95 |
| Pan Fried Vegetables in a Spicy Soya Sauce, Served with Rice or Noodles | | |
| Chicken & Bacon Carbonara ^(1,2,5,8,11) | | €17.95 |
| With Penne Pasta | | |
| Thai Green Chicken Curry ^(2,3,8,11,12) | Vegetarian €13.95 | €17.95 |
| Pan Fried Vegetables, Creamy Thai Curry Sauce, Boiled Rice & Naan Bread | | |

Classic Main Dishes

Served with One Side Dish

| | |
|---|--------|
| Local Breast of Duck ^(2,8) | €22.95 |
| Creamy Mash, Mulled Wine Braised Red Cabbage, Red Currant Sauce | |
| Roast Supreme of Chicken ^(1,8,11) | €18.95 |
| Rosemary Marinated Supreme of Chicken, Orzo Pasta, Chorizo & Mixed Bean Ragu | |
| Baked Darne of Salmon ^(2,5,11,12) | €20.95 |
| Char Grilled Greens, Thai Cream Sauce | |
| Crispy Golden Breaded Scampi ^(1,2,3,8,11) | €18.95 |
| Tartare Sauce & Side Salad | |
| Crumbed Chicken Goujons ^(1,2,8,11) | €16.95 |
| Sweet Chilli & Garlic Mayo Dips & Dressed Leaves | |
| Battered Fish of the Day ^(1,2,5,8,11) | €17.95 |
| Fresh Fish Fillets Battered & Deep Fried, Tartare Sauce | |
| Side Orders | €3.50 |
| Home Cut Chips, Creamy Garlic Potato, Seasonal Vegetables, Creamed Potato, House Salad, Sweet Potato Fries, Garlic Bread, Onion Rings | |





Steaks Section

Served with One Side Dish

FSH 8oz Steak Sandwich ^(8,11,12) €19.95

Sirloin Strips, Sauté Onion & Mushrooms
on Garlic Ciabatta

Char Grilled 10oz Fillet ⁽⁸⁾ €25.95

Garnished Sauté Onion & Mushrooms,
Peppercorn Sauce

Char Grilled 10oz Dry Aged Sirloin Steak ^(8,12) €23.95

Garnished Sauté Onion & Mushrooms,
Grilled Half Tomato, Peppercorn Sauce

Burger Bar

Served with One Side Dish

FSH Homemade Steak Burger, Brioche Bap ^(1,2,11) €14.50

Choice of Two Toppings – Extra Toppings €1.50
Blue Cheese, Monterey Jack Cheese, Cheddar Cheese,
Bacon, sauté Mushrooms, sauté Onions

Curried Cauliflower Burger ^(8,11) €13.50

Toasted Kaiser Bun, Spiced Tomato Salsa

Vegan & Vegetarian

Creamy Mushroom Tartlet ^(1,2,8,11) €7.50

Goat's Cheese Crumb, Balsamic Dressing

Winter Salad ^(1,8,13) €7.25

Tomato, Cucumber, Avocado, Red Onion, Sweetcorn,
Warm Potato Croutons & Feta Cheese,
Drizzled with Honey & Mustard Dressing

Creamy Vegetable Curry ^(8,13) €13.95

Roasted Butternut Squash, Red Lentil, Chick Peas,
Coconut Cream, Naan Bread

Spinach & Mushroom Risotto ^(2,8,14) €12.95

Arborio Rice, Mushrooms, Spinach, Finished with
Shavings of Parmesan

Curried Cauliflower Burger ^(8,11) €13.50

Toasted Kaiser Bun, Spiced Tomato Salsa

Ricotta & Asparagus Tortellini ^(1,2,8,11) €13.95

In Garlic, Tomato & Cream Sauce

Warm Raspberry and Almond Tart ⁽⁸⁾ €6.25

Served with Vanilla Ice Cream

Coconut & Chocolate Tart With Ice Cream ^(8,10) €6.25





Set Dinner Menu

Two Course €26 & Three Course €32

STARTERS



FSH Caesar Salad ^(1,5,11)

Crisp Lettuce, Bacon, Croutons Tossed
in Our House Dressing

Soup of the Day ^(1,2,11)

Ask Your Server for Variety of Soup
and Selection of Available Breads

Crispy Button Mushrooms ^(1,2,11)

Garlic Alioli & Mixed Leaves

MAIN MEAL



Baked Darné of Salmon ^(2,5,11,12)

Chargrilled Greens, Thai Cream Sauce

Char Grilled 10oz Dry Aged Sirloin Steak ^(8,12) (€5 supplement)

Garnished sauté Onion & Mushrooms, Peppercorn Sauce

Roast Supreme of Chicken ^(1,8,11)

Rosemary Marinated Supreme of Chicken, Orzo Pasta,
Chorizo & Mixed Bean Ragu

Creamy Vegetable Curry ^(8,13)

Roasted Butternut Squash, Red Lentil, Chick Peas,
Coconut Cream, Naan Bread

AND AFTER



Warm Apple Pie ^(1,2,8,11)

Crème Anglaise & Ice Cream

Cheesecake of the Day ^(1,2,11)

Fresh Cream

Warm Chocolate Chip & Orange Pudding ^(8,10,11)

Ice Cream

Followed By Tea or Coffee





White Wine Selection

By Glass By bottle

11. Sauvignon Blanc, Terranoble, Chile €6.25 €24.00

Spring-time scents of hawthorn & elderflower, juicy flavours of nectarine & pink grapefruit

12. Chardonnay, Herbe Sainte, French €6.75 €26.00

Medium Bodied, round on the palate & fruity, flavours of apples, pears & melon

13. Pinot Grigio, Bosco, Italy €6.50 €25.00

Bright & clean wine with green apple freshness, nicely balanced-smooth body & crisp fruit flavours

25. Sauvignon Blanc, Te Pa, New Zealand €10.00 €39.00

Good apple and melon fruit and crisp acidity that makes it a serious rival for of all you Chablis lovers

15. Aldridge Estate Chardonnay, Australia €26.00

Light melon and stone fruit flavours with a delicate touch of oaky character hovering in the background.

16. Etra Albarino, Rias Baixas, Spain €38.00

Apples, pears, grapefruit and lemon and lime all come to mind with this delicious 100% Albarino from Spain's top white wine region

17. La Renaudie Sauvignon de Touraine, France €39.00

A crisp and lively sauvignon with mouth-watering flavours of kiwi and green apple.

18. Petit Chablis, Domaine Charly Nicolle, France €42.00

A Petit Chablis with substance and style; green apple crispness is supported by a acacia aromas and a true, pure, fruity finish.

Sparkling

By bottle

19. Prosecco Frizzante Bosco Dei Cirmoli, Italy €30.00

Elegant with small bubbles and very good quality

Champagne

By bottle

20. Castelnau Champagne Brut Réserve, France €89.00

Aromas of hawthorn and elderflower lead on to flavours of white peach and apricot with subtle overtones of roasted almonds and hazelnuts.





Red Wine Selection

By Glass By bottle

24. Malbec, Madrigal, Argentina

€7.50 €29.00

Ripe & fruity with the freshness of cherries & richness of damsons & blackberries

1. Tempranillo, TLG, Spain

€6.50 €25.00

An unoaked Tempranillo, there are no harsh edges, just smooth & mellow fruit

2. Cabernet Sauvignon, Terranoble, Chile

€6.25 €24.00

Super ripe fruit flavours, with soft tannins & a seriously long finish

3. Merlot, Herbe Sainte, French

€6.75 €26.00

Ripe & fruity with the freshness of cherries & richness of damsons & blackberries

4. Aldridge Estate Shiraz/ Cabernet, Australia

€26.00

Nicely-balanced fruity flavours of blackberry and blackcurrant, wrapped up in gentle notes of vanilla. Not too heavy; not too light.

5. Montepulciano d'Abruzzo, Tenuta Giglio, Italy

€28.00

An intense ruby colour with hints of violet and a nose of ripe summer berries with a touch of spice. On the palate it is full-bodied and soft with a lingering flavour.

6. Baron de Ley Rioja Club Privado, Spain

€30.00

Intense ruby red in colour with aromas of strawberry and vanilla, it has bucket-loads of juicy fruit on the palate. Universal appeal.

7. Chateau Les Moutins Red, Bordeaux, France

€32.00

Made mostly from soft and fleshy Merlot, blended with a little cassis-like Cabernet, this is a really classy oak-aged Claret. Super fruits-of-the-forest flavours.

8. Terranoble Reserva Pinot Noir, Chile

€32.00

A rich and fruity pinot noir, beautifully balanced and fragrant with ripe flavours of raspberry and summer berries, toasty oak – and super length on the palate.

9. Cedro Chianti Rufina, Fattoria Lavacchio, Italy

€39.00

A beautifully flavoursome ORGANIC Chianti that's rich and full-bodied and bursting with luscious dark-berried fruit flavours.

Rose

By Glass By bottle

Noemie Vernaux, French

€6.50 €25.00

Quality Rose, quite dry in style, fresh strawberries and raspberries





Sandwich Menu

Regular Sandwiches - Choice of Two Fillings

€4.95

Fillings = Ham, Cheese, Tomato, Salad, Chicken,
Tuna, Red Onions, Peppers, Bacon Egg,
Bread = Granary or White Bread
Toasted Options Available Supplement €1.00
Extra Fillings Supplement €1.00 Per Filling

Speciality Sandwiches

Served with Side Salad & Chips

Chef's Cajun Chicken Bruschetta ^(2,10,11)

€9.95

Tomato Relish & Cheddar on Toasted Ciabatta

Four Season Double Decker Club ^(2,10,11)

€11.95

Chicken, Smoked Bacon, Tomato, Cheddar,
Pesto & Mixed Greens, Toasted Granary Bread

Hot Roast ^(2,10,11)

€11.95

Hot Roast of the Day, Baby Greens, Sun-Dried
Tomatoes, Caramelised Onions, Cheddar Cheese,
Horseradish Mayo on Toasted Ciabatta

Ham & Cheesy ^(2,10,11,13)

€10.95

Home Roasted Ham, Brie, Baby Spinach,
Caramelised Onions, Tomato Relish, Honey
& Mustard Dressing on Toasted White Boule

Vegetarian Brie ^(1,2,8,11)

€9.95

Brie, Caramelised Red Onion,
Tomato On Toasted Ciabatta

