

## Starters

[www.theponderosabar.com](http://www.theponderosabar.com)  
#irelandshighestbarandrestaurant

**SOUP OF THE DAY (V,GFO) £4.50**  
Homemade soup served with house baked wheaten bread

**CHICKEN CAESAR SALAD (GFO) £6.50**  
**Main Course £11.00**  
Grilled chicken, gem lettuce, crispy bacon, garlic and herb croutons, Caesar dressing, parmesan shavings

**PRAWN COCKTAIL (GFO) £6.50**  
North Atlantic prawns, shredded lettuce, tomato, marie rose sauce with house baked wheaten bread.

**HOT WINGS (C) £6.50**  
Confit chicken wings, tossed in Franks hot sauce

**GOATS CHEESE (V,C) £7.00**  
Grilled fivemiltown goats cheese, baby leaves, confit tomatoes, caramelised walnuts, basil pesto and balsamic reduction

**CRISPY SQUID £6.50**  
Fresh fried squid, tossed with sea salt and cracked black pepper, spring onions and bell peppers, served with mixed leaves, grilled lime and thai curry mayo

**SALT AND CHILLI CHICKEN £6.50**  
Crispy shredded chicken, tossed with our salt and chilli mix, peppers and spring onions. Served with tossed salad and chilli mayo

## Mains

**FRY £10.00 (Available until 3pm)**  
2 sausages, 2 bacon rashers, soda farl, potato bread, Clonakilty black pudding, grilled tomato, mushrooms, fried egg and beans

**VEGGIE FRY £10.00 (Available until 3pm)**  
(Vegan Option Available)  
2 fried eggs, soda farl, potato bread, grilled tomato, mushrooms, vegan sausages and beans

**CHICKEN TOWER (GFO) £14.00**  
Grilled chicken fillet, creamy mash potatoes, crispy tobacco onions, and choice of house sauce; bacon & leek, peppercorn sauce, or roast gravy

**CHICKEN GOUJONS £11.00**  
Homemade breaded chicken goujons, tossed salad, homemade chips and a choice of dip

**HONEY CHILLI CHICKEN £14.50**  
Crispy shredded chicken, spring onions, peppers and our honey chilli sauce. Served with tossed salad and a choice of side and prawn crackers

**CHICKEN CURRY (C) £14.00**  
Chicken fillet pieces, chunky onions, peas, our homemade authentic curry sauce, served with basmati rice or chips. ½ and ½ option available for £1.50 extra

**PONDO BURGER £11.00**  
McAtamneys 6oz steak burger, lettuce, tomato, Ballymaloe relish, grilled bacon, melted cheddar cheese served in a brioche bun with homemade chips

**SPERRIN LAMB PIE £15.00**  
Irish Sperrin lamb, slow cooked to perfection with carrots, leeks, garlic and herbs in rich gravy topped with pastry lid and served with creamy champ

## Mains Continued...

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**GRILLED SALMON** £17.00  
Glenarm salmon fillet, egg noodles, crispy oriental vegetables, sesame and ginger sauce

**BATTERED COD** £14.00  
Freshly battered cod fillet, mushy peas, homemade chips and tartar sauce

**SPAGHETTI CARBONARA** £14.50  
Pasta tossed in creamy bacon and leek sauce with chicken pieces, parmesan shavings and garlic bread

**VEGETABLE STIRFRY (V)** £11.00  
Crispy oriental vegetables, egg noodles, sesame and ginger sauce

**VEGETABLE CURRY (VEGAN, C)** £11.00  
Chefs' selection of vegetables, our homemade authentic curry sauce, basmati rice or chips ½ and ½ option available for an extra £1.50

**PEPPERED BEEF SANDWICH** £14.00  
Tender McAtamney's Steak strips with saute onions and mushroom served on toasted ciabatta with choice of side and pepper sauce  
(Only served until 5pm)

## Steak Selection

All our steaks are supplied by our local butcher McAtamneys. All their meat is handpicked and locally sourced.  
Please allow 20 minutes for a well-done steak.

**10oz SIRLOIN STEAK** £20.00  
**10oz RIB EYE STEAK** £20.00  
**8oz RUMP STEAK** £16.00

All steaks served with grilled tomato, mushrooms, choice of side and sauce.

**COCK AND BULL** £20.50  
8oz Rump Steak and chicken served with tomato, mushrooms and a choice of side and sauce

## Sides (All £3.50)

**CHIPS**  
**GARLIC CHIPS**  
**SALT AND CHILLI CHIPS**  
**FRIES**  
**CHAMP**  
**FRESH MARKET VEG**  
**TOBACCO ONIONS**  
**TOSSED SALAD**  
**SAUTE MUSHROOMS**  
**MASH**  
**BASMATI RICE**

## Sauces (All £2.50)

All sauces are Gluten Free

**PEPPERCORN PAN GRAVY**  
**BACON AND LEEK BUSHMILLS**  
**CHILLI AND GARLIC BUTTER**  
**GFO: Gluten Free Option**  
**V: Vegetarian**  
**C: Celiac**