

The Merry Monk, Bar and Restaurant
is located in an area steeped in ecclesiastical and religious history
which runs as the dominant theme throughout the building's decor.
Close by, stand the ruins of Moyne and Rosserk Abbey.

The Franciscan Friary of Moyne

Founded by MacWilliam De Burgo in 1460, it was burned in 1590 by Sir Richard Bingham, the English Governor of Connacht, and the friars were persecuted. Despite the turbulent history, Moyne kept its community of friars until the end of the 18th century. The enclosed cloister walkways, where the Friars prayed, meditated and did some monastic work, are among the finest in Ireland. The church with its elegant bell tower, stands on the southside of the cloister. On the opposite is the kitchen and the rectory or dining hall, with a 'pulpitin' -a recess where a friar stood and read aloud to his community as they were eating! On the east side of the cloister is the sacristy and two chapter house. Above the chapter is the dormitory.



The Friary of Rosserk

Founded around 1460 for a community of friars of the Third Order of St. Francis -married men and women who wished to lead a Franciscan life but, because of their married status were unable to join the First Order (friars) or the Second Order (nuns). In 1590 Sir Richard Bingham, Governor of Connacht, burned Rosserk. The church has an attractive bell tower and a fine four-light east, window, as well as a refectory or dining hall. On the east side is a sacristy and 'the chapter house'. Above this is the dormitory. In the choir of the church is a beautiful double 'piscinia' -a recess containing a stone basin used to wash the sacred vessels used in mass. On one of the pillars of this 'piscina is a unique carving of a round tower which the stone mason must have seen in the ruins of a much older monastery. Above the round tower are carvings of angels.

Carvery Lunch Served 7 Days each Week from 12.30pm to 4.00pm

This menu is served from 4.00pm to 8.03pm

Belfry Suite catering for private parties, meetings and conferences

Spacious Parking Facilities

Killala Road, Ballina, Co. Mayo. Tel: 096 73990

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To Start

Homemade Soup of the day

☐4.50

With homemade brown bread. (7,9,12)

Merry Monk Seafood Chowder

☐7.00

Natural Oak smoked haddock and prawns in a thick and chunky broth served with garlic butter crostinis. (1,2,4,7,9,12,14)

Tiger Prawns Caesar Salad

☐7.00

Baby gem lettuce, bacon lardons parmesan cheese, garlic croutons and homemade caesar dressing (1,2,3,4,10)

Potato Smoked Cheesy Croquettes

☐6.50

Creamy mash potato with aged smoked Irish cheddar and fried into crispy golden brown sauce served with romesco sauce (1,3,7,12)

Grilled Chicken Tzatziki Salad

☐6.95

Marinated breast of chicken mixed in fresh garden herbs and extra virgin oil served with crispy lettuce and tzatziki sauce (3,7,10)

Buffalo Wings

☐6.95

Choice of bourbon barbeque sauce or Louisiana hot sauce with blue cheese dip and celery stick (6,7,9,10)

Merry Monk Sharing Platter for 2

☐14.50

Spicy wings, bbq ribs, mini veg spring rolls, tempura prawns and crispy mushroom (1,2,3,6,7,9,11,13,14)



We're proud to say that almost all our Salads & Vegetables are Home Grown and Seasonal



Mains

8oz Irish Beef Burger

□13.50

Bacon rasher, cheddar cheese with homemade relish, garlic mayo and brioche bun served with hand cut chips. (1,3,7,9,10)

Mexican Crispy Chicken Burger

□13.50

Breaded butterfly chicken coated on bread and nachos crumbs with salsa, guacamole, crispy onion, and onion on poppy seed oval baps. (1,3,7,9,10,11)

Cod Burger

□13.50

Crispy breaded fillet of cod, tarter sauce and brioche buns served with hand cut chips. (1,2,4,7,10)

Homemade Irish Beef Lasagna

□12.95

Served with garlic bread, mixed leaf salad and hand cut chips. (1,3,6,7,9,10)

Grilled Steak Sandwich

□15.95

6oz Irish sirloin beef, sautee onion, mustard, Garlic mayonnaise and grilled ciabatta bread served with hand cut chips and pepper sauce on the side. (1,3,4,7,10)

Fish and Chips

□15.50

Breaded fillet of cod, served with mushy peas and hand cut chips. (1,2,3,4,7,10)



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Grilled 8oz Irish Sirlion Steak

☐19.95

With grilled tomato, portobello mushroom and onion rings, choice of pepper cream sauce or blue cheese or scallion brandy sauce served with mash & veg or hand cut chips. (1,3,7,9,10)

Seared Beef Bulgogi

☐19.95

Authentic Korean dish a thin slice of rib eye steak, marinated in delicious sauce consisting of soy, sesame, ginger and garlic, served with sullivan veg stir fry and potato gratin. (1,6,7,11)

Marinated Pork Ribs

☐15.50

Marinated succulent baby back pork ribs served with mixed leaf salad, corn on the cob and hand cut chips. (6,7,9)

Grilled breast of Chicken Supreme ala Provencale

☐15.50

With chunky roast Mediterranean vegetables and tomato Coulis. (7,9,10)

Teriyaki Atlantic Fillet of Salmon

☐16.50

And sesame pad choi marinated with soy sauce fermented soybeans served with scent rice (1,2,4,6,,11,14)

Roast of the Day

☐13.95

Please ask your server

Seafood Pasta Linguini

☐14.95

With citrus dill and smoked salmon, fresh crab cream sauce with garlic bread and parmesan cheese (1,2,4,7,9,12)

Chicken & Mushroom and Smoked Bacon Carbonara

☐13.95

With parmesan cheese and garlic bread (1,2,4,7,9,12)



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Sandwich / Wrap / Panini

Club Panini or Wrap

□8.50

With bacon rasher, fried egg, chicken and cheddar cheese. (1,2,7,10)

BLT Panini or Wrap

□8.50

Grilled bacon rasher, crispy lettuce and tomato. (1,3,7,9,10)

Cajun Chicken panini or Wrap

□8.50

Cajun chicken spice, salsa and red cheddar cheese. (1,3,7,10,11)

Build your own Sandwich

□5.50

Choose from a maximum of 3 below

Chicken, cheese, ham, tuna, mixed salad, egg mayo. (1,2,3,4,7,9,10,14)

Choice of bread

Homemade brown bread, slice of white bread, slice of brown bread

Open Sandwich with Homemade Brown Bread

□7.50

Choice smoked salmon, tuna, lettuce, red onion, baby prawn,

Marie rose sauce and lettuce.

(1,2,3,4,7,9,10,14)



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Side Orders

Hand Cut Chips	☐3.00
Skinny Chips	☐3.00
Garden Salad	☐3.00
Onion Rings	☐3.00
Seasonal Vegetables	☐3.00
Sautee Mushroom	☐3.00
Boiled Rice	☐3.00



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List of Allergens

1. Cereals
2. Crustaceans
3. Eggs
4. Fish
5. Peanuts and products thereof
6. Soya
7. Milk
8. Nuts
9. Celery
10. Mustard
11. Sesame seeds
12. Sulphur dioxide and sulphites
13. Lupin
14. Molluscs



Taste of Asia

Malaysian Curry Rendang

Aromatic of the coconut, chillies and Asian spice Chunky vegetables, poppadom's, and naan bread served with basmati rice (1,2,4,9,13,14)

Mild Curry

Traditional Indian mild curry with basmati rice chunky vegetables, poppadom's, and naan bread served with basmati rice or noodles (1,7,9,10)

Asian Wok Stir Fry

An authentic stir fry with Thai sauce in a poppadom basket (1,2,6,9,11,13,14)

Choice of

Chicken - □13.50

Tiger Prawn - □13.95

Vegetable - □11.50

Crispy Shredded Chicken

□13.50

With honey, sweet chilli, soy and Asian spice served with scented rice or noodles (1,3,6,11,14)



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