

GLUTEN FREE MENU

Fresh, locally sourced sustainable ingredients cooked to order

BEGINNINGS

POTATO LEEK SOUP (GF)

IRISH CHIPS WITH DIPPING SAUCE (V)(GF)
Irish chips served with Killarney sauce or honey mustard or spicy ketchup

IRISH POTATO SKINS (5 EACH) (GF)
Potato jackets, rashers (Irish bacon), cheddar cheese, scallions, sour cream

VEGGIE POTATO SKINS (5 EACH) (VG)(GF)
Potato jackets, sautéed mushrooms, onion, bell pepper, jalapeño, pepperjack, cheddar cheese

IRISH NACHOS (GF)
Irish chips, cheese, pico de gallo, jalapeños, sour cream

GRILLED BACON WRAPPED SHRIMP (4 EACH)
Four shrimp, applewood smoked bacon (*no BBQ*)

OYSTERS ON THE HALF SHELL (GF)
Five Blue-point oysters, fresh lemon, cocktail sauce
One of the timeless classic food combinations, Guinness and oysters is something that everyone should try at least once in their lives

MUSSELS GALWAY BAY-STYLE (GF)
Steamed in a white wine, cream, shallots, fresh garlic, herb sauce

SPINACH AND ARTICHOKE DIP (SERVES 2)
Artichokes, fresh spinach, roasted garlic, three cheeses
(sub Irish chips for bread)

SANDWICHES, BURGERS, WRAPS

Your choice of side

**ALL ARE AVAILABLE WITHOUT BREAD,
TORTILLA, CHIPOTLE OR BBQ SAUCE -
SUBSTITUTE LETTUCE**

GARDEN

Homemade Dressings: Balsamic Vinaigrette, Herb Garlic Vinaigrette, Strawberry Balsamic Vinaigrette, Thousand Island, Chipotle Ranch, Ranch, Creamy Bleu Cheese

FIELD OF GREENS SALAD (GFO)
Mixed greens, carrots, red onion, tomatoes, cucumbers, mushrooms (*no croutons*)

CEASAR SALAD (GFO)
Traditional style (*no croutons*)

ADD GRILLED CHICKEN (6OZ)

ADD SHRIMP (6EA)

ADD ROSEMARY SALMON

ADD STEAK

COBB SALAD LUNCH ONLY (GF)
Chicken, mixed greens, red potatoes, rashers (Irish ham), beets, hard boiled egg, tomatoes, avocado, bleu cheese crumbles

KALE AND QUINOA SALAD (GF)
Kale, organic quinoa, parmesan cheese, dried cranberries, maple toasted walnuts, lite citrus Dijon vinaigrette dressing

ADD GRILLED CHICKEN (6OZ)

ADD SHRIMP (6EA)

ADD ROSEMARY SALMON

ADD STEAK

STRAWBERRY SALAD WITH CHICKEN (GF)
Mixed greens with grilled chicken, strawberries, bleu cheese crumbles and pecans tossed with a poppy seed vinaigrette
Recipe adapted from Chef Paul Rankin, County Down

IRISH SALAD (GF)
Mixed baby greens and spinach, red potatoes, tomatoes with sautéed mushrooms and onions. Tossed with a light Dijon vinaigrette.

ADD GRILLED CHICKEN (6OZ)

ADD ROSEMARY SALMON

ADD STEAK

(VG)=VEGETARIAN (V)=VEGAN (GF)=GLUTEN FREE (GFO)=INGREDIENT OMITTED FOR GLUTEN FREE

**Consuming undercooked meats may increase your risk of food borne illness, especially if you have certain medical conditions* 06/17

IRISH CLASSICS

VEGETARIAN SHEPHERD'S PIE (VG)

Includes lentils, carrots, potatoes, parsnips, turnips, peas, fresh herbs, whipped champ potatoes, choice of side

VEGAN ALSO AVAILABLE

CORNERED BEEF AND CABBAGE (GF)

Housemade corned beef brisket cooked in Guinness. Sautéed cabbage, applewood bacon, red potatoes, carrots

GAELIC-STYLE CHICKEN BREAST (GF)

Sautéed chicken breast, wild mushroom, Irish whiskey cream sauce, whipped champ potatoes

Our mushroom sauce is adapted from an old family recipe from the O'Connor family of County Meath.

*LAND

THE FORTY-FIVE DOLLAR STEAK (SEASONAL) (GF)

14-ounce N.Y. strip steak, flavorful and tender. Available in many fine Scottsdale restaurants for forty-five or more dollars. Enjoy! Includes your choice of potato and vegetable, no extra charge

SEA

Sustainable, cut fresh daily

SHRIMP AND BROCCOLI SCAMPI DINNER (GF)

Shrimp (8), broccoli spears, fresh garlic lemon butter, organic quinoa

GRILLED ROSEMARY SALMON (GF)

Grilled salmon, sautéed squash, grape tomatoes, red and green onion, garlic, red pepper, fresh basil, rosemary, red parsley potatoes

SALMON FILET (GF)

Salmon filet served on a bed of organic quinoa and fresh sautéed spinach with a chive cream sauce

PAN SEARED ALASKAN COD (GF)

Lemon butter, garden fresh vegetables and choice of potato

MUSSELS, GALWAY BAY-STYLE (GFO)

Steamed in a broth of white wine, cream, shallots, fresh garlic and herbs (*sub Irish chips for bread*)

SIDES

GARDEN SALAD

COLESLAW

GLAZED CARROTS
& BASIL

BRUSSELS SPROUTS
& APPLES

KALE AND BACON

ORGANIC QUINOA

IRISH CHIPS

SWEET POTATO FRIES

PARSLEY RED

POTATOES

WHIPPED CHAMP

POTATOES



PLAN YOUR NEXT EVENT AT RÚLA BÚLA

email: arkle@rulabula.com

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