# Bosca Sauna Experience

## *Midweek*

Unwind and reconnect with a unique outdoor wellness experience at Bosca Sauna, just a short drive from Ballymore Eustace. Set in a peaceful natural setting, this beautifully crafted wood-fired sauna is the perfect way to relax after a walk, reset after a busy day, or simply enjoy a moment of calm.
Move between the soothing heat of the sauna and the crisp countryside air for a revitalising experience that leaves you feeling refreshed and recharged.

**Afternoon**
**2-3pm**

Arrive in Ballymore Eustace

- Optional: Enjoy Lunch at The Ballymore Inn
- Relax before your wellness experience

**Afternoon**
**4-5pm**

- Arrive at Bosca Sauna
- Unwind in the wood-fired sauna
- Alternate between heat and fresh countryside air
- A calming, restorative experience

**Evening**
**5:30pm**

Dinner at The Ballymore Inn

- Unwind with a delicious evening meal in a cosy setting
- Thoughtfully prepared, seasonal menus showcasing local produce
- A welcoming space for families, couples, and groups
- Kids Eat Free (Wed-Fri, 4-6:30pm)

THE BALLYMORE INN

# INFORMATION

## Dining in Ballymore Eustace

Located in the heart of Ballymore Eustace, The Ballymore Inn is a multi-award-winning gastropub renowned for its commitment to quality, sustainability, and warm hospitality. Established in 1995, it has become a beloved destination for both locals and visitors seeking exceptional food in a relaxed setting.

## Family-Friendly Dining

The Ballymore Inn is a welcoming spot for families. Highchairs are available, and the atmosphere is relaxed and accommodating for children of all ages.

**Kids Eat Free**: From Wednesday to Friday, children dine for free between 4:30 PM and 6:30 PM with the purchase of adult meals.

## Opening Hours

Monday & Tuesday: Closed
Wednesday & Thursday: 4PM – 9PM
Friday: 12:30PM – 9PM
Saturday: 10AM – 9PM
Sunday: 10AM – 8PM

## Dietary Options

Catering to diverse dietary needs, The Ballymore Inn offers. Vegetarian & Vegan Menu: A dedicated menu featuring a variety of plant-based dishes.
Gluten-Free Options: Many dishes are adaptable to be gluten-free; please inform your server of any dietary requirements.

## A Few Extras We Love

Pop into Our Little Pantry for fresh breads, house-made jams, thoughtful foodie gifts, and treats. We also proudly serve and sell craft beers from our very own Dew Drop Brewhouse. These small-batch brews are perfect with your meal or to take home and enjoy later.

## Wellness Experience

Guests can also enjoy nearby Bosca Sauna, a relaxing outdoor sauna experience

Main Street, Ballymore Eustace, Co. Kildare
045 864 585
ballymoreinn.ie

# WINE & DINE Menu

WEDNESDAY - FRIDAY 2PM - 9PM
SATURDAY 4PM - 6.30PM

2 COURSES €33.95
3 COURSES €38.95
+ WINE/BEER PAIRING FOR A €5 SUPPLEMENT

## STARTERS

Spring lamb liver pate
Baby onion poached in orange,
pickled radish, redcurrant reduction & homemade toasted sourdough 1 - 6 - 7 (CA)

Taleggio & basil arancini (V)
Spinach & peach reduction, bean sprout & red pepper, rocket leaves with aged parmesan 1 - 3 - 7 - 12

Spicy chicken wings
in our sweet chilli sauce & toasted sesame seeds, creme fraiche & garlic dip 6 - 7 - 11

Clonakilty black pudding salad
With crispy bacon, apple shavings, balsamic reduction 1 - 10 - 11 - 12

## Main Courses

Duncannon pan fried cod, with roasted courgette & peppers, Kelly's blue mussels, butter tomato sauce
4 - 7 - 14
Wine pairing: Colombelle, Colombard–Sauvignon Blanc - elegant with citrus & tropical fruits (ABV 11%)
Dewdrop Brewhouse beer pairing: Magnum Pilsner Lager - malty, clean & crisp (ABV 4.3%)

Crispy pork
Pak choi, Asian greens, egg noodles, chilli & black bean dipping sauce
Allergens: 1, 6, 11
Wine pairing: Viu Manent Cabernet Sauvignon - medium to full-bodied red, lots of red berry & fig notes (ABV 13.5%)
Dewdrop Brewhouse beer pairing: Ninety Six Oatmeal Pale Ale - full & flavoursome unfiltered pale ale (ABV 4.8%)

Duncannon fish n chips, Duncannon hake in Dewdrop Brewhouse lager batter, pea puree,
tartare sauce, house fries 1 - 3 - 4 - 7 - 9
Wine pairing: Lafage Lafabuleuse Blanc Frisant - slight fizz with fresh pineapple & peach notes, very refreshing (ABV 9%)
Dewdrop Brewhouse beer pairing: No Fury Helles Lager - gold medal winner in Blas na hÉireann, clear & crisp (ABV 4.5%)

Lamb Bolognese, homemade linguine, fresh parmesan & garlic naan bread 1 - 3 - 7 - 12
Wine pairing: Chateau Joinin Bordeaux Supérieur - rich black & red berry fruits, spiced notes & dried herbs (ABV 14.5%)
Dewdrop Brewhouse beer pairing: Ellipsis Tropical Pale Ale - full of juicy Citra & Mosaic hops, softly carbonated (ABV 5%)

Ardsallagh goats cheese stone baked pizza, with roasted peppers & house pesto, choice of side
1 - 7 - 8
Wine pairing: Riff Pinot Grigio - fresh & lively with a crispy dry finish. Perfect for pizza & pasta dishes (ABV 12.5%)
Dewdrop Brewhouse beer pairing: Bushwhacked Red Ale - malty backbone, bready & toasty, moderate bitterness (ABV 4.2%)

* Subsequent glass of wine or beer will be charged at normal pricing.

The BALLYMORE INN

Allergens – 1. Gluten, 2-Crustaceans, 3-Eggs, 4-Fish, 5-Peanuts, 6-Soy beans, 7-dairy, 8-nuts, 9-celery, 10-Mustard, 11-Sesame Seeds, 12 Sulphites, 13 Lupin, 14, Molluscs
Our kitchen operation involves shared cooking and preparation areas, therefore we cannot guarantee that any menu item can be completely free of allergens

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## DESSERTS

Banoffee Cheesecake
Butterscotch ice cream & caramel sauce 1 - 3 - 6 - 7 - 8

Sticky Toffee Pudding
Vanilla ice cream & syrup 3 - 7

Warm Chocolate Brownie
Vanilla ice cream 1 - 3 - 6 - 7

red Wine Poached Pear
Orange & almond tuile, raspberry ripple ice cream 1 - 7 - 8 - 12 (C.A)

Glenowen Ice Cream
Vanilla, chocolate & praline
Homemade cookie & choice of sauce 1 - 3 - 7 - 8 (C.A)

## CHEESE & PAIRINGS

Cheese & Port Board 17.00
Selection of Irish cheeses, black pepper crackers
Apricot chutney, grapes & Quinta Vale D'Maria Reserva Port 1 - 7 - 12

Cheese & Whiskey Pairing 13.50
Fercullen single malt whiskey (Powerscourt Distillery, Co. Wicklow)
Paired with Hegarty's Cheddar (Co. Cork) & black pepper crackers 1 - 7 - 12

## DRINKS

Liqueur Coffees 8.00
Choose from cognac, Baileys, Tia Maria or whiskey 7 - 12
Espresso Martini 13.50
Istil vodka, coffee liqueur, espresso shot & chocolate dusting

## TEAS & COFFEES

Herbal Tea 4.50
Choose from Peppermint, Camomile, Earl Grey or Green Tea
Americano 3.95
Espresso 3.95
Tea 3.70
Flat White 4.35
Cappuccino 4.55
Latte 4.75

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