

Appetizers

Spinach and Artichoke Dip

A smooth blend of spinach, globe artichoke and cream cheese
Served with warm pita bread.

\$7.95

Buffalo Wings

Seasoned jumbo wings tossed in our homemade blend of spices.
Served with celery sticks and a chunky bleu cheese dipping sauce.

\$8.95

Chicken Tenders

Lightly breaded strips of chicken breast served with our
Tangy, honey-Dijon-mustard sauce.

\$8.50

Five Layer Dip

Great to share! Layers of refried beans, guacamole, sour cream and
Pico de Gallo, topped with provolone and cheddar cheeses with
tortilla chips.

\$8.50

Four Courts Famous Skins

Traditional crispy potato skins topped with corned beef, Mashed potatoes and spring onions,
smothered with cheddar cheese. Served with house-made chive sour cream.

\$7.75

Chicken Quesadilla

Sautéed chicken and vegetables with a blend of provolone and
cheddar cheeses folded in a flour tortilla. Garnished with sour cream
and Pico de Gallo

\$8.95

*Add guacamole, \$0.95

*Vegetarian option available, \$7.95

Four Courts French Fries

Our house fries smothered with cheddar cheese, crispy bacon and
scallions.

\$6.95

*Add Irish curry sauce, \$1.00

Beef Sliders

Three juicy burgers topped with American cheese and
pickle slices on a tender bun. Garnished with Thousand Island Dressing.

Chicken Sliders

Chicken Tenders tossed in our House Buffalo Sauce with Provolone Cheese.

Reuben Sliders

Irish Corned Beef with Sauerkraut, thousand island and Swiss.

Salmon Sliders

Three home made salmon cakes with Cilantro Mayonnaise

\$8.95

*Not available on Mondays

Four Courts Irish Chili Nachos

Home made waffle potato chips smothered with chili, cheddar cheese sauce and topped with jalapeno's, Pico de Gallo and sour cream.

\$8.95

Humus Platter

Traditional humus served with our spicy Pico de Gallo

Accompanied by cucumber slices, baby carrots and

Warm pita-bread.

\$7.95

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Sandwiches

All sandwiches are served with coleslaw, pickle slices and seasoned French fries

Buffalo Chicken Wrap

Sliced buffalo chicken tenders with cheddar cheese, mixed greens and tomato in a tomato-garlic wrap smothered with chipotle ranch dressing.
\$9.50

Chicken Club

Our triple-decker club sandwich made with sliced Chicken, lettuce, tomato, egg, mayonnaise and bacon.
\$10.50

Steak Sandwich

Sliced steak topped with sautéed onions and bell peppers, smothered with provolone cheese on a kaiser sub roll with lettuce and tomato.
\$10.50

Grilled Reuben

Thinly sliced home-cooked corned beef piled high with sauerkraut and Swiss cheese on marble rye bread with Thousand Island dressing.
\$9.95

Chicken Breast Sandwich

Delicately seasoned grilled chicken breast, served on a Kaiser Bun with lettuce and tomato.
\$8.95

Beef Burger**

Half pound flame-grilled Angus beef burger served on a Kaiser Bun topped with lettuce, raw onions and tomato.
\$8.95

Veggie Burger

Spicy black bean vegetarian burger served with Cilantro mayonnaise on a Kaiser Bun with lettuce, tomato and raw onion.
\$7.95

Blackened Tilapia Sandwich

Blackened Tilapia served on a Kaiser Bun with Lettuce, tomato, onion and a side of tartar sauce.
\$8.95

Bakes Eggplant Sub

Parmesan Crusted Eggplant topped with Provolone cheese and Marinara Sauce on a Kaiser Sub Roll.
\$8.95

Additional Toppings

\$0.95:

Cheese: American, Provolone, Bleu, Cheddar, and Swiss

Veggies: Sautéed Onions, Mushrooms, and Peppers

Bacon

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Ireland's Four Courts is proud to be trans-fat free

Entrees

Add a house salad, Caesar salad or bowl of soup to any entrée for \$2.95

Four Courts' Mussels

A house favorite! One pound of fresh native mussels lightly poached with tomatoes in a savory white wine and Guinness reduction,
Served with Irish brown bread.
\$11.95

Fish and Chips

Tender fillets of cod lightly battered, served with our seasoned fries, homemade Cole-slaw and a side of fresh tartar sauce.
\$12.95

Irish Lamb Stew

A staple in every Irish home! Slow-cooked lamb simmered with a blend of carrots, cabbage and potatoes. Served with Irish Brown Bread.
\$12.95

Shepherd's Pie

A hearty Irish classic. Fresh ground beef cooked with carrots, peas and onions, smothered with champ mashed potatoes. Served with Irish Brown Bread.
\$11.95

Corned Beef and Cabbage

Home-cooked tender corned beef briskets accompanied by boiled cabbage, champ potatoes, and mashed carrots and parsnips.
Served with a tangy mustard-parsley sauce.
\$13.95

Beef and Guinness Stew

Tender beef braised in Guinness stock with diced carrots, onions, leeks, and celery. Irish Brown Bread completes this hearty meal.
\$12.95

Guinness "Knife & Fork" Burger

Homemade Guinness-marinated beef burger topped with Sautéed onions and finished with a mushroom-burgundy sauce,
Served over champ potatoes and vegetables.
\$12.95

Chicken Pot Pie

Tender slices of chicken simmered in a light cream sauce
With potatoes, carrots and peas. Topped with puff pastry and baked to perfection.
\$12.95

½ Roast Chicken

Seasoned half roast chicken topped with gravy and served with creamy champ potatoes and vegetable of the day.

\$14.95

Baked Macaroni and Cheese

Elbow pasta smothered in our house cheese sauce,
Topped with breadcrumbs and baked.

\$9.95

Meatloaf

Homemade meatloaf topped with our mushroom gravy
Served with champ mashed potatoes and mixed vegetables.

\$12.95

Flat-Iron Steak**

10-oz Flat Iron steak blackened and grilled to your liking topped
with herb butter, served with champs mashed potatoes and mixed
vegetables.

\$19.95

Surf n Turf

6-oz blackened flat iron steak grilled to your liking topped with home made salmon cake, served with
creamy champ potatoes and vegetable of the day.

\$16.95

Chicken Innishmore

Tender breast of chicken stuffed with spinach, mushrooms and Provolone wrapped with bacon and
coated with breadcrumbs. Finished with a tomato coulis, served with champ potatoes and vegetables.

\$17.95

Grilled Salmon**

Grilled fillet of lightly seasoned fresh salmon over a bed of wilted spinach, topped with a lemon-dill
sauce. Served with rice and mixed vegetables.

\$17.95

Stuffed Tilapia

Baked Tilapia stuffed with salmon cake, topped with Tarragon Sauce and served over a bed of rice
with vegetable of the day.

\$14.95

Side Orders

\$3.00

French Fries · Rice · Baked Potato · Champ Potatoes
Vegetable of the Day · Carrots and Parsnips · Coleslaw

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Soups/Salads

Irish Potato Soup

A cold-weather favourite! Pureed potatoes,
Onions and leeks simmered in chicken stock.

\$4.95

French Onion Soup

Topped with provolone cheese, served with Irish Brown Bread.

\$6.95

Soup of the Day

Made fresh daily - ask your server for today's creation!

\$4.95

Soup and Salad

You choice of House or Caesar Salad
With Irish Potato Soup or Soup of the Day.

\$8.75

With French Onion Soup.

\$10.75

House Salad

Mesclun greens dressed with tomatoes, mushrooms,
Radishes and croutons with your choice of dressing.

\$5.25

Four Courts Caesar Salad

Crisp romaine lettuce topped with Parmesan cheese and housemade
croutons tossed with Caesar dressing

\$6.95

With Grilled Lemon-Pepper Chicken Breast \$10.95

With Grilled Cajun Chicken Breast \$10.95

With Grilled Lemon-Pepper Salmon Fillet* \$12.95

Jerk Tuna Skewer Salad**

Seared jerk tuna skewers over a bed of mixed greens tossed in
sesame ginger vinaigrette with fresh ginger, mandarin oranges and
sweet corn.

\$12.95

Salmon and Spinach Salad**

Grilled salmon served over fresh spinach tossed in raspberry
Vinaigrette served with mandarin oranges, mushrooms, eggs, bacon
and almonds.

\$12.95

Spicy Chicken Tenderloin Salad

Crispy buffalo chicken over mesclun greens with
Diced red onions and bleu cheese crumbles.

\$11.95

Steak Salad**

Sliced beef tenderloin topped with sautéed peppers, diced onions, blue cheese crumble over a bed of
mixed greens, garnished with sweet corn.

\$12.95

Cilantro Chicken Salad

Cilantro-lime marinated chicken breast atop a blend of mesclun
greens and baby spinach with mango, granny smith apples and red
onion.

\$12.95

Choice of Dressing

Feta Cheese Vinaigrette, Roasted-garlic Balsamic Vinaigrette, Bleu
Cheese, Ranch, Caesar, Raspberry Vinaigrette, Sesame Ginger
Vinaigrette, Honey Mustard

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Desserts

Apple Pie a la mode

Mounds and mounds of tart, fresh, crisp apples, saucy
With cinnamon apple cider and loaded with crunchy granola
crumbs.

\$6.75

Peach and Blueberry Bread Pudding

House-baked bread pudding, layered with peaches and blueberries,
Served with vanilla flavored cream sauce.

\$5.50

Chocolate Layer Cake

A giant mouthful of chocolate pudding between two
Layers of dark, moist chocolate drenched chocolate cake.

\$5.95

Raspberry Cheesecake

A silken smooth white chocolate cheese all a-swirl
With vibrant red raspberry. Hand-fired and glazed in simple
elegance.

\$6.25

Snickers Chocolate Nut Pie

The original pie that eats like a candy bar! Large chunks of
Snickers bars fudge brownie, caramel, peanuts and a tart cream
cheese filling.

\$5.95

Childrens Menu

Nemo's Choice

\$6.25

Deep fried sea cod with French fries

Poke Mon's Pasta

\$6.25

Fettuccini with tomato sauce.

Shrek's Cheese

\$6.25

Grilled cheese with French fries.

Lion King

\$6.25

Chicken tenders with French fries.

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