STARTERS | MAR THÚS

CHEF’S SOUP OF THE DAY €5.75
homemade Guinness bread
1o.1w.7.8.9

ATLANTIC SEAFOOD CHOWDER €9.00
homemade Guinness bread
1o.1w.2.4.7.8.9.12.14

PEAR AND GOATS CHEESE CROSTINI €9.50
garlic sautéed spinach,
fresh rocket, pesto dressing, grilled sourdough
1r.1w.6.7.8.10.11

CLASSIC CAESAR SALAD €8.50
crispy bacon, homemade croutons, black olives,
cos lettuce, Caesar dressing
1w.3.4.5.7.8.10

MAIN COURSE €13.50
ADD CHICKEN: €3.00

ORANGE & QUINOA SALAD €8.50
smoked tofu, orange, quinoa, avocado,
seasonal leaves, citrus & cucumber dressing
6.vegan

MAIN COURSE €13.50

ALLERGENS:
1b Gluten–Barley, 1o Gluten–Oats, 1r Gluten–Rye, 1w Gluten–Wheat, 2 Crustacean, 3 Egg,
4 Fish, 5 Peanut, 6 Soybean, 7 Dairy, 8a Nuts–Almonds, 8c Nuts–Cashew, 9 Celery,
10 Mustard, 11 Sesame seeds, 12 Sulphur, 13 Lupin, 14 Molluscs, Healthy option.
SANDWICHES | CEAPAIRÍ

REUBEN €8.00
pastrami, sauerkraut, dill pickle, Russian dressing, sourdough bread
1b.6.7.10.12

ROAST CHICKEN €8.00
sage & onion stuffing, mayonnaise, rustic white bread
1r.1w.3.6.7.11

CLASSIC CLUB SANDWICH €9.00
crispy bacon, crunchy lettuce, chicken, boiled egg, tomato, mayonnaise
1r.1w.3.6.7.10

HAM & CHEESE €7.00
house roasted ham, mature cheddar, light mustard mayonnaise, toasted rustic bread
1r.1w.3.6.7.10.11.12

FISH WRAP €9.00
grilled teriyaki salmon, crispy lettuce, tzatziki, chilli & lime sauce, rocket salad
1w.3.4.6.7.10.12

VEGETARIAN SANDWICH €8.00
grilled halloumi, roasted vegetables, sundried tomato sauce,

ALL SANDWICHES ARE SERVED WITH RED CABBAGE, RAISINS & CARROT SLAW

ADD POTATO CUBES, FRIES, SWEET POTATO OR SOUP €3.00

ALLERGENS:
1b Gluten–Barley, 1o Gluten-Oats, 1r Gluten-Rye, 1w Gluten-Wheat, 2 Crustacean, 3 Egg, 4 Fish, 5 Peanut, 6 Soybean, 7 Dairy, 8a Nuts-Almonds, 8c Nuts-Cashew, 9 Celery, 10 Mustard, 11 Sesame seeds, 12 Sulphur, 13 Lupin, 14 Molluscs, Healthy option.
PRÍOMHCHÚRSAÍ ~ MAINS

STEAK SANDWICH  €16.00
roasted onions & peppers, fried egg, rocket, toasted focaccia, chips
1b.1w.3.6.7.10.11

HOMEMADE BEEF BURGER  €15.00
grilled smoked bacon, crispy lettuce, beef tomato, mature cheddar, red onion, honey mustard sauce,
Amish bap, coleslaw, chips
1w.3.7.8.10

CLASSIC FISH & CHIPS  €15.00
light batter, fresh mushy peas, homemade tartar sauce
1w.4.7.10
HALF PORTION  €9.00

SRI LANKAN STYLE CURRY  €14.00
roasted vegetables, medium spiced coconut sauce, basmati rice, warm naan bread
1w.3.7.8
HALF PORTION  €9.00
ADD CHICKEN:  €3.00

ROAST OF THE DAY  €14.00
Please check with your server for today’s freshly prepared roast
HALF PORTION  €9.00

FISH OF THE DAY  €14.00
We use only the freshest locally sourced seafood as our catch of the day. Please check with your server for today’s choice

RIGATONI VERDE  €14.00
fresh basil pesto, spinach, asparagus, parmesan, garlic bread
1r.1w.7.8 vegan
HALF PORTION  €9.00

ALLERGENS:
1b Gluten–Barley, 1o Gluten-Oats, 1r Gluten-Rye, 1w Gluten-Wheat, 2 Crustacean, 3 Egg, 4 Fish, 5 Peanut, 6 Soybean, 7 Dairy, 8a Nuts-Almonds, 8c Nuts-Cashew, 9 Celery, 10 Mustard, 11 Sesame seeds, 12 Sulphur, 13 Lupin, 14 Molluscs, Healthy option.
BAR BITES ~ MIASA BEAGA

HOMEMADE FISH CAKES €9.50
fennel, apple & orange salad, sweet chilli sauce, yogurt & dill dressing
4.6.7.10
MAIN COURSE €14.00

CONNACHT CRISPY WINGS €9.50
homemade BBQ sauce, celery, blue cheese dip
3.6.7.8.10.11
MAIN COURSE €14.00

QUESADILLA €8.50
toasted tortilla filled with roasted red pepper, tomato, onion, melted cheddar, chipotle sauce, salsa rosso
1w.3.7.11
ADD CHICKEN: €3.00

TEMPURA VEGETABLES €8.50
broccoli, red pepper and courgettes in a light crispy batter, chilli and paprika dip
1w.3.7

DEEP LOADED SPICY POTATO WEDGES €8.00
chilli con carne sauce, sour cream, jalapeno, guacamole, melted cheese
7.9

SIDES ~ AR AN TAOBH

STEAMED SEASONAL VEGETABLES 7................................. €3.00
CREAMED POTATO 7 .......................................................... €3.00
CHIPS 1w ........................................................................... €3.00
SWEET POTATO FRIES 1w ............................................. €3.00
SIDE SALAD 10. ............................................................. €3.00
ONION RINGS 1w.3.7 ....................................................... €3.00
GARLIC BREAD 1w.7 ....................................................... €3.00

ALLERGENS:
1b Gluten–Barley, 1o Gluten-Oats, 1r Gluten-Rye, 1w Gluten-Wheat, 2 Crustacean, 3 Egg, 4 Fish, 5 Peanut, 6 Soybean, 7 Dairy, 8a Nuts-Almonds, 8c Nuts-Cashew, 9 Celery, 10 Mustard, 11 Sesame seeds, 12 Sulphur, 13 Lupin, 14 Molluscs, Healthy option.
PIZZAS ~ PÍOTSAÍ

Mon - Thur – 5:00pm-10:30pm
Fri - Sun – 12:00pm -10:30pm

9”

**MARGHERITA**
1w.7.9.13
tomato sauce, oregano, mozzarella
**€9.95**  **€12.50**

**PEPPERONI**
1w.7.9.13
pepperoni, oregano, mozzarella
**€11.00**  **€13.00**

**THE GODFATHER**
1w.6.7.9.12.13
spiced beef, pepperoni, pancetta, chicken, oregano, mozzarella
**€11.50**  **€14.50**

**HAWAII CLASSICA**
1w.7.9.13
cooked ham, pineapple, oregano, mozzarella
**€11.50**  **€14.50**

**ISABELLA**
1w.7.9.13
ham, mushrooms, mozzarella
**€11.50**  **€14.50**

**CAJUN**
1w.7.9.13
marinated chicken, BBQ sauce, onion marmalade, mozzarella cheese
**€11.50**  **€14.50**

**MANOLO**
1w.7.9.13
spicy spinach style pizza, pepperoni, sweetcorn, jalapeno, mozzarella cheese
**€11.50**  **€14.50**

**GOLD & GREEN PULLED OATS**
1w.7.9.13 vegan
pulled oats, veggie mince, roasted peppers, vegan mozzarella, tomato sauce, rocket
**€11.50**  **€14.50**

ALLERGENS:
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DESSERTS ~ MILSEOGA

APPLE PIE €6.00
vanilla ice cream or cream 1w.3.6.7.8

THE CONNACHT SUNDAE CUP €6.00
crushed brownie, vanilla ice cream, homemade chocolate & toffee sauce, cream 1w.3.6.7.8

MINI DESSERT €4.00

BREAD & BUTTER PUDDING €6.00
chocolate crème anglaise 1w.3.6.7.8

MINI DESSERT €4.00

DESSERT OF THE DAY €6.00
Please check with your server for the chef’s dessert special

CHEESECAKE OF THE DAY €6.00
Please check with your server for the chef’s dessert special 1w.3.6.7.8

MINI DESSERT €4.00

ALL OF THE DESSERTS ARE FRESHLY BAKED BY OUR IN HOUSE PASTRY CHEF

DESSERTS ~ MILSEOGA

APPLE PIE €6.00
vanilla ice cream or cream 1w.3.6.7.8

THE CONNACHT SUNDAE CUP €6.00
crushed brownie, vanilla ice cream, homemade chocolate & toffee sauce, cream 1w.3.6.7.8

MINI DESSERT €4.00

BREAD & BUTTER PUDDING €6.00
chocolate crème anglaise 1w.3.6.7.8

MINI DESSERT €4.00

DESSERT OF THE DAY €6.00
Please check with your server for the chef’s dessert special

CHEESECAKE OF THE DAY €6.00
Please check with your server for the chef’s dessert special 1w.3.6.7.8

MINI DESSERT €4.00

ALL OF THE DESSERTS ARE FRESHLY BAKED BY OUR IN HOUSE PASTRY CHEF

TEA & COFFEE ~ TAE & CAIFE

TEA .................. €2.40 ...... HERBAL TEA ........... €2.80
AMERICANO .......... €2.80 ...... LARGE ..................................... €3.10
ESPRESSO .......................................................... €2.40
CAPPuccino 7 ................................................ €3.20
LATTE 7 ......................................................... €3.20
ITALIAN COFFEE (GALLIANO) 7.12 .................. €6.60
IRISH COFFEE (WHISKEY) 7.12 ...................... €6.60
FRENCH COFFEE (BRANDY) 7.12 ..................... €6.60
CALYPSO COFFEE (TIA MARIA/KAHLUA) 7.12 .... €6.60
BAILEYS COFFEE 7.12 ..................................... €6.60
THE CONNACHT HOT CHOCOLATE
(COINTREAU & CREAM ) 7.12 ......................... €6.60
MINTY HOT CHOCOLATE
(HOT CHOC/CREME DE MENTHE/CREAM) 7.12 .... €6.60

ALLERGENS:
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### PÁISTÍ CHILDREN

#### MAR THÚS STARTERS
- [GARLICKY BREAD](#)  1w.7.13
- [CHEF’S SOUP WITH CRUSTY ROLL](#)  1w.7.8.9
- [MINI CAESAR SALAD](#)  1w.3.6.7.8.10
- [FAN OF MELON](#)  NONE

**ALL STARTERS €2.50**

#### PRÍOMHCHÚRSAÍ MAIN COURSES
- [ROAST OF THE DAY, HALF PORTION](#)  €7.50  1w.3.4.6.8.12.14
- [BREADED FISH & CHIPS](#)  €7.50  1w.3.6.7.9.10.12
- [SAUSAGES CREAM POTATO AND GRAVY](#)  €7.50  1w.3.6.7.9.10.12
- [SUCCULENT CHICKEN GOUJONS & CHIPS](#)  €7.50  1w.3.6.7.8.9
- [PENNE PASTA](#)  €4.50  DICED HAM, MUSHROOM AND CREAM SAUCE  1w.3.6.7.8.9
- [GRILLED IRISH 4OZ BEEF BURGER WITH CHEESE & CHIPS](#)  €7.50  1w.3.6.7.8.10.12

#### MILSEOGA DESSERTS
- [JELLY & ICE CREAM](#)  3.6.7
- [SELECTION OF ICE CREAM](#)  WITH WAFER BASKET AND COULIS  1w.3.5.6.7.8.12
- [WARM CHOCOLATE COOKIES](#)  VANILLA ICE-CREAM  1w.3.5.6.7.8.12
- [MINI SUNDAE CUP](#)  CRUSHED BROWNIE, VANILLA ICE CREAM, TOFFEE & CHOCOLATE SAUCE, CREAM  1w.3.6.7.8

**ALL DESSERTS €2.50**

Mum and Dad please let us know if your little one has any dietary requirements

**AGE LIMIT: 12 AND UNDER**

**KIDS MOCKTAILS €5.95**

**BABYCCINO €2.50**

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**ALLERGENS:**  
1b Gluten–Barley, 1o Gluten-Oats, 1r Gluten-Rye, 1w Gluten-Wheat, 2 Crustacean, 3 Egg, 4 Fish, 5 Peanut, 6 Soybean, 7 Dairy, 8a Nuts-Almonds, 8c Nuts-Cashew, 9 Celery, 10 Mustard, 11 Sesame seeds, 12 Sulphur, 13 Lupin, 14 Molluscs, Healthy option.
For events, parties and special occasions
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