



A very warm welcome to you and thank you for dining with us today. The land & seas of the west coast of Ireland are well known to be a rich and abundant source of some of the finest produce available in Europe and we are proud to prepare our dishes using the best available local ingredients. The majority of our meat is sourced in Galway and Mayo, through Finnerty Butchers and Neale Meats, our fish is from Galway Bay Seafood. We use Arrabawn Dairies and our fresh vegetables and fruit are supplied by Glynn's Fruit & Veg and Burke's Fruit & Veg, Co. Galway. The organic fruit and vegetables are supplied by the local farm Green Earth Organics in Corandulla, Co Galway. We are delighted whenever possible to support our local food producers and suppliers to ensure that only the freshest and tastiest ingredients go into the dishes we serve you including 100% Irish beef.

Eddy Guegano Executive Chef | Príomhchócaire

Enjoy your meal Bain taitneamh as do bhéile

STARTERS | MAR THÚS

CHEF'S SOUP OF THE DAY 6.95

homemade Guinness bread 1b.1o.1w.3.8.9 V VG GF available

ATLANTIC SEAFOOD CHOWDER 10.50

homemade Guinness bread 1b.1o.1w.2.3.4.7.8.9.12.14 GF available

CHICKEN CAESAR SALAD STARTER 12.50 I MAIN COURSE 17.75

crispy bacon, homemade croutons, black olives, cos lettuce, Caesar dressing, parmesan shavings 1w.3.7.10 GF available

CONNACHT CRISPY CHICKEN WINGS STARTER 11.50 I MAIN COURSE 16.75

homemade BBQ sauce, celery, blue cheese dip 1w.3.7.9.12

BURRATA & COPPA HAM SALAD 11.50

homemade sundried tomatoes, burrata cheese, poached pear, roasted cashew nuts, seasonal leaves, pesto & maple dressing **7.8c GF**

COD & SALMON FISHCAKE 11.50

panko & coconut coated, braised fennel, smoked paprika deep 1w.2.3.4.7.8c.14

MARINATED DUCK FOCACCIA 11.95

marinated duck breast, cranberry & thyme crostini, parsnip purée, roasted hazelnuts, toasted focaccia, rocket 1w.3.6.7.8

ORGANIC WINTER VEGETABLES TART 10.50

feta cheese flan, asparagus, pear chutney, fresh rocket 1w.3.7.12 V

BUTTERNUT SQUASH & HALLOUMI SALAD 10.50

roast butternut squash, grilled Halloumi cheese, dried cranberries, pomegranate, seasonal leaves, grilled pumpkin seeds, honey dressing **7.10**

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, 8h Hazlenuts, 8p Pecan 9 Celery, 10 Mustard, 11 Sesame seeds, 12 Sulphur, 13 Lupin, 14 Molluscs V vegetarian, VG vegan, GF gluten free

Please advise on your allergen requirements and we'll do our best to accommodate your request. Nuts, shellfish, gluten and dairy are used in our kitchen so we cannot guarantee 100% risk free environment.

For each order of a Caesar salad, €1 will be donated to our chosen charity.



MAIN COURSES | PRÍOMHCHÚRSAÍ

GRILLED 10OZ STRIPLOIN STEAK 31.00

(7.00 supplement on package dinner) grilled portobello mushroom, sauteed onions, chips 7.9.12 GF

GRILLED MONKFISH 23.50

tomato, ginger & garlic sauce, Pilaf rice, grilled courgette, roast almonds 2.7.8a.9.12 GF

HOMEMADE 8 OZ BURGER 19.25

crispy lettuce, candied bacon, sautéed onions, beef tomato, homemade burger sauce, melted Applewood cheese, glazed brioche bun, chips 1w.3.7.10 GF available

CRISPY SLOW COOK PORK BELLY 19.50

apples & walnuts roasted with syrup, potato gratin, sautéed green beans, almonds, port reduction **7.8a.8w.9.12 GF**

ROAST RUMP OF BEEF 22.50

cream potato, seasonal vegetables, gravy 7.9.12 GF

CLASSIC FISH & CHIPS 19.95

light battered cod, homemade pea & mint puree, tartar sauce 1w.3.4.7

CREAMY RIGATONI PASTA 15.95

shallots & white wine creamy rigatoni, carrot, leek & courgette Brunoises 1w.7.9.12 V

ADD CHICKEN 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, 8h Hazlenuts, 8p Pecan, 9 Celery, 10 Mustard, 11 Sesame seeds, 12 Sulphur, 13 Lupin, 14 Molluscs V vegetarian, VG vegan, GF gluten free

Please advise on your allergen requirements and we'll do our best to accommodate your request. Nuts, shellfish, gluten and dairy are used in our kitchen so we cannot guarantee 100% risk free environment.

MAIN COURSES | PRÍOMHCHÚRSAÍ

PANFRIED CHICKEN SUPREME 19.25

creamy chorizo, mushrooms, cherry tomatoes, parmesan sauce, cabbage cream potato, sauteed broccolini **7.9.12 GF**

HOMEMADE BOMBAY CURRY 15.95

roasted vegetables, basmati rice, poppadum 1w.9.10 V, GF available

ADD CHICKEN 3.00

CONNEMARA LAMB NAVARIN 19.75

baby potatoes, turnip, peas, carrots, slow cook in a rich red wine sauce **7.9.12 GF**

LEEK & SAFFRON RISOTTO 15.95

carrot, celery, parmesan cheese 7.9.12 V GF

ADD PRAWN 4.00 2

SIDES | AR AN TAOBH

CHIPS 1w GF available	4.75
SIDE SALAD 10	4.75
SWEET POTATO FRIES 1w GF available	4.75
CREAMED POTATO 7	4.75
ONION RINGS 1w.3.7	4.75
GARLIC BREAD 1w.7	4.75
STEAMED SEASONAL VEGETABLES 7	4.75

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, 8h Hazlenuts, 8p Pecan 9 Celery, 10 Mustard, 11 Sesame seeds, 12 Sulphur, 13 Lupin, 14 Molluscs V vegetarian, VG vegan, GF gluten free

Please advise on your allergen requirements and we'll do our best to accommodate your request. Nuts, shellfish, gluten and dairy are used in our kitchen so we cannot guarantee 100% risk free environment.



tomato sauce, oregano, mozzarella 1w.7.9.12 V 9" 13.50 | 12" 15.50

PEPPERONI tomato sauce, pepperoni, oregano, mozzarella 1w.7.9.12 9″ 14.25 | 12″ 16.50

HAWAIIAN CLASSICA

tomato sauce, cooked ham, pineapple, oregano, mozzarella 1w.7.9.12 9″ 14.25 | 12″ 16.50

THE GODFATHER

tomato sauce, spiced beef, pepperoni, pancetta, chicken, mozzarella 1w.6.7.9.12 9″ 14.50 | 12″ 17.25

DIAVOLA

tomato sauce, chorizo, pepperoni, fresh chilli, jalapeno, mozzarella 1w.7.9.12 9" 14.25 | 12" 16.50

BBQ

cajun chicken, bbq sauce, caramelised onion, mozzarella 1w.6.7.12 9″ 14.25 | 12″ 16.50

VEGETARIAN

tomato sauce, spinach, red onion, artichoke, sun blushed tomato, almond, mozzarella

1w.7.8.9.12 V 9″ 14.25 | 12″ 16.50

ISABELLA

tomato sauce, ham, mushrooms, mozzarella 1w.7.9.12 9" 14.25 | 12" 16.50

ALEXANDRA

tomato sauce, mozzarella, gorgonzola, lardon 1w.7.9.12 9″ 14.25 | 12″ 16.50

CHICKEN CORDON BLEU

emmental & cream base sauce, homemade chicken goujons,

ham, mozzarella 1w.3.7.9.12 9″ 14.25 | 12″ 16.50

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, 8h Hazlenuts, 8p Pecan 9 Celery, 10 Mustard, 11 Sesame seeds, 12 Sulphur, 13 Lupin, 14 Molluscs V vegetarian, VG vegan, GF gluten free

Please advise on your allergen requirements and we'll do our best to accommodate your request. Nuts, shellfish, gluten and dairy are used in our kitchen so we cannot guarantee 100% risk free environment.

CHILDREN | PÁISTÍ

FOR CHILDREN UNDER 12 YEARS

STARTERS | MAR THÚS

	GARLICKY BREAD 1w.7
	CHEF'S SOUP WITH CRUSTY ROLL 1w.7.8.9
	FAN OF MELON NONE
	MAIN COURSES PRÍOMHCHÚRSAÍ
	PENNE PASTA 1w.3.7.8.9 GF available
	SAUSAGES WITH CREAM POTATO & GRAVY 1w.7.9.12
	SUCCULENT CHICKEN GOUJONS & CHIPS 1w.3.6.7.8
	BATTERED FISH & CHIPS 1w.4
	GRILLED IRISH 40Z BEEF BURGER WITH CHEESE
	& CHIPS 1w.6.7 GF or dairy free available
	ROAST OF THE DAY, HALF PORTION 7.9.12
	DESSERTS MILSEOGA
	JELLY & ICE CREAM 3.6.7
	SELECTION OF ICE CREAM 3.7 GF Dairy free available (6)4.00 coulis
	SUNDAE CUP 3.6.7.8a.8p GF
	WARM CHOCOLATE COOKIE 1w.3.6.7.8.13
JA.	MINI NUTELLA BROWNIE 3.6.7.8a.8h GF

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, 8h Hazlenuts, 8p Pecan 9 Celery, 10 Mustard, 11 Sesame seeds, 12 Sulphur, 13 Lupin, 14 Molluscs V vegetarian, VG vegan, GF gluten free

A collection of crisp, fruity white wines that pair well with light bites and lively conversations		1
CATARRATTO-PINOT GRIGIO FEDELE-SICILIA, ITALY Try with chicken Caesar or chicken wings	8	30
SAUVIGNON BLANC, STONELEIGH-NEW ZEALAND An aromatic, tropical wine - pair with our salmon & mussels tagliatelle	9	33
SAUVIGNON BLANC, TOCORNAL-CHILE (SUSTAINABLE)	8	30
Try with the prawn tempura or burrata salad CHARDONNAY, JACK DUGGAN-AUSTRALIA	8	30
A soft, round wine to pair with bombay chicken curry ALBARINO, PIONERO MUNDI-RIAS BAIXAS, SPAIN Deliciously crisp white wine, with peach fruit and a saline touch Try with any seafood dish		39
SANCERRE, LES PIERRIS, ROGER CHAMPAULT LOIRE, FRANCE Crisp, mineral and fresh. A classy white wine from a sustainable, family-ru	n estate	51
SUMMER REDS		1
A collection of delicious, lighter red wines for sunny moments, whatever th	e weatł	ner!
NERO D'AVOLA, FEDELE ITALY (ORGANIC)7A ripe style with berry fruits, for easy drinking	.50	29
CABERNET SAUVIGNON, TOCORNAL-CHILE (SUSTAINABLE) Brimming with berries and great with shredded duck salad	8	29
CARIGNAN, DE CHANSAC FRANCE With its berry and spice notes, this is delicious with any of our pizzas	8	29
MALBEC, PASSO DOBLE, MASI, ARGENTINA (ORGANIC) Full-bodied, brimming with black, plummy fruits. Smooth and juicy. An ideal match for our creamy gorgonzola rigatoni	9	35
BAROLO, GIACOMO FENOCCHIO, 2018 PIEDMONTE-ITALY 4th generation, organic practices, low-intervention wine with great finess Beautifully compliments our braised rump of lamb	e.	72
ST EMILION, THOMAS BARTON-BORDEAUX, FRANCE A classic choice - full and silky with a classic, savoury note of red berries, cocoa and subtle spice. Goes well with red meats and chicken		48
ZERO ZERO BUZZ		4
A great wine experience, just without the alcohol		
AROA BLANCO, 0.0%-SPAIN (WHITE)	6	22
FREIXENET SPARKLING WINE 0.0%-SPAIN (SPARKLING)		19

Please check our drink menu for the extensive wine list.



For events, parties and special occasions 091 381251 | email events@theconnacht.ie





