

STARTERS | MAR THÚS

CHEF'S SOUP OF THE DAY 7.00

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

SALMON TOSTADOS 10.75

marinated salmon, guacamole,
pineapple salsa, crispy tortillas
1w.3.4.7

ATLANTIC SEAFOOD CHOWDER 10.25

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

CONNACHT CRISPY CHICKEN WINGS

SMALL 11.25 | LARGE 16.75

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

WILD MUSHROOM & ASPARAGUS ON TOAST 10.25

sprinkle of parmesan, fresh rocket, pesto 1w.7.12 V

SALADS AND SANDWICHES | SALEÍD AGUS CEAPAIRÍ

ADD SOUP OR CHIPS 4.50 | BOWL OF CHOWDER 6.50

CONNACHT SIGNATURE

HAM & CHEESE SANDWICH 10.50

home baked ham, mature cheddar, mayonnaise,
toasted white sourdough bloomer, side of coleslaw 1w.3.7.10

ROAST TURKEY SANDWICH 10.50

apricot & raisin stuffing, cranberry & mayonnaise
sauce, rocket, Bretzel multi seed bread
1w.3.7.10

PASTRAMI & MATURE

CHEDDAR SANDWICH 11.00

caramelised onion in maple syrup, bourbon BBQ,
gherkins & mayonnaise sauce, rustic baguette
1w.2.3.6.7.10

OPEN ATLANTIC PRAWN SANDWICH 11.00

homemade Guinness bread, Marie Rose sauce,
apple, celery & fennel slaw, roasted sesame
seeds, fresh rocket
1b.1o.1w.2.3.8.9.10

CHICKEN CAESAR SALAD 16.50

crispy bacon, homemade croutons, black olives,
cos lettuce, Caesar dressing, parmesan shavings
7.8p.11 GF V available

HEIRLOOM TOMATO & BURRATA SALAD 15.50

balsamic & pesto dressing, cucumber & radish
pickles, roasted sesame seeds, fresh basil
7.8p.11 GF V VG available

SUPERFOOD SALAD 15.50

roasted halloumi with smoked paprika, roasted
chickpeas, homemade sundried tomato, mixed
sprouts, grilled sunflower & pumpkins seeds,
sliced avocado, tahini dressing
7.8.10.11 GF V VG available

MAIN COURSES | PRÍOMHCHURSAÍ

HOMEMADE 8OZ BEEF BURGER 19.00

sautéed onion, beef tomato, homemade burger
sauce, melted Applewood cheese,
glazed brioche bun, chips
1w.3.7.10 GF available

CLASSIC FISH & CHIPS 19.50

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

MARINATED CHICKEN 19.00

in orange & soy sauce, pilaf rice, sautéed green
vegetables, caramel sauce 6.7 GF

ROAST OF THE DAY SPECIAL 19.50

please ask your server

SMOKED SALMON TAGLIOLINI 19.50

sautéed courgettes, shallots, lemon crème
fraiche, parmesan, roasted sunflower seeds
1w.2.3.4.7.9.12.14

HOMEMADE BOMBAY CURRY 17.00

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

ADD CHICKEN 2.50

BRAISED PORK STEAK 18.50

in white wine, apple cider vinegar, ginger &
paprika, garlic cream potato, sautéed broccolini,
jus reduction 7.12 GF

CATCH OF THE DAY SPECIAL 20.50

please ask your server

VEGETARIAN TAGLIOLINI 17.00

asparagus, sauteed spinach, sautéed courgettes, shallots, lemon crème fraiche
parmesan, roasted sunflower seeds 1w.2.3.4.7.9.12.14 V

SIDES | AR AN TAOBH 5.25

- CHIPS 1w GF available • SIDE SALAD 10 GF • SWEET POTATO FRIES 1w GF available • CREAMED POTATO 7 GF
- ONION RINGS 1w.3.7 • GARLIC BREAD 1w.7 • STEAMED SEASONAL VEGETABLES 7 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 Pine Kernels, 9 Celery,
10 Mustard, 11 Sesame seeds, 12 Sulphur, 13 Lupin, 14 Molluscs V vegetarian, VG vegan, GF gluten free
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.

