


SHANNIGAN'S
GASTRO PUB



SANDWICHES

Available 11.30am - 5.00pm

Shannigan's Classic
Malt Bloomer Loaf, with Crispy Streaky Bacon,
Tomato, Carved Roast Chicken,
Cahill's Irish Cheese & Organic Leaf Salad

1 3 7 10 12

Grilled Irish Steak Sandwich
on Ciabatta with Caramelised Red Onion
& Mushroom with Garlic Butter, Rocket & Baby Gem,
Horseradish & Parmesan Mayo

1 3 7 10

Spiced Chicken Wrap
Wholemeal Wrap with Moroccan Spice,
Couscous, Roasted Vegetables & Guacamole.

1 3 7 10

Artisan Pork Sausage Baguette
with Sauté Onions, Bramley Apple Relish,
Cheddar Cheese, Wholegrain Mustard & Sage Mayonnaise.

1 3 7 10 12

Tuna Wrap
Bonito Tuna with Red Pepper, Baby Caper,
Cucumber & Carrot, Lemon & Cracked
Pepper Remoulade


1 3 4 7 10

St Tola Goats' Cheese Bruschetta
with Aubergine Caviar, Olives & Sundried
Tomato, Balsamic & Basil Pesto

1 3 7 10

All our sandwiches are garnished with salad & skinny fries.

Add a Cup of Today's Soup! 7 9



HOT BEVERAGES

Tea, House Blend

Infusions, Please ask you server

Coffee, House Rich Roast Blend

Cappuccino, Latte, Mocha 7

Espresso

Americano

Hot Chocolate 7

€2.50

€2.75

€2.50


€3.50

€2.30

€3.00

€3.50

WHERE PEOPLE LOVE TO EAT



The 14 Allergens outlined in legislation

- 1 GLUTEN
- 2 CRUSTACEANS
- 3 EGGS
- 4 FISH
- 5 PEANUT
- 6 SOYBEANS
- 7 MILK
- 8 NUTS
- 9 CELERY
- 10 MUSTARD
- 11 SESAME SEEDS
- 12 SULPHUR DIOXIDE
- 13 LUPIN
- 14 MOLLUSCS

Be Food Allergen Aware

At Shannigan's we source all our ingredients responsibly.

GF We can adapt some dishes for Coeliac, gluten free bread is available, please ask your server.

V Vegetarian

Allergy Advice Dishes may include ingredients not listed, pls inform your server if you have allergy concerns.

SUPPLIERS

Reale Butchers, Con Woods, Total Produce,
St Tola, Star Seafood's, Garrihy Seafood's,
Cs Fish, La Rousse Foods, Musgraves,
Pallas Foods, McGeogh's Meats.

Download the **Shannigans Gastro Pub App** today on Itunes and Android Stores and keep up to date with our Daily Specials, Events and our Digital Loyalty Programme.

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— FOOD —

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NIBBLES

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|---|-------|
| V Olives & Nuts, Marinated & Stuffed Mixed Olives with Salted Mixed Nuts & Almonds 5 8 | €3.50 |
| V ‘Breads & Dips’ Bread Sticks, Black Olive Loaf, Garlic Croutes & Foccachia, with Chimichurri Dressing, Red Pepper Hummus, Rapeseed & Balsamic Oil 1 3 7 | €4.50 |
| V Plate of Nacho’s With Cahill’s Irish Cheddar Cheese Jalapeño Tomato Salsa & Guacamole 7 | €5.50 |
| Sweet Potato Fries & Onion Bhaji’s with Spiced Sea Salt, Garlic & Chilli Aioli 1 3 7 | €5.50 |



SHARING BOARDS

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| Shannigan’s Board Jack Macs Black Pudding, BBQ Glazed Baby Back Pork Ribs with Hot & Spicy Chicken Wings, Irish Country Sausages, Smoky BBQ Sauce & Red Cabbage Coleslaw 1 3 5 6 7 8 10 12 | €13.95 |
| Tapas Irish Farmhouse Cheese, Mc Geogh’s Air Dried Lamb & Cured Meats, House Chutney, Artichoke & Black Olive Tapenade, Sundried Tomatoes & Crusty Bread 1 3 7 8 10 12 | €14.95 |
| Wild Atlantic Way Pan Seared Scallops, Panko Coated Calamari, Garlic Tiger Prawns, Wild Mussels, Smoked Salmon, Shrimp “Cocktail” & Crab Claws, Lemon, Garlic & Herb Dressing 1 2 3 4 7 14 | €17.50 |



STARTERS

Small/Large

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| Classic Shellfish Bisque with Green Lentils and Tarragon Crème Fraiche 1 2 7 9 | €8.50 |
| Piperade & Chorizo Risotto with Roast Cherry Vine Tomatoes, Rocket, Parmesan & Basil Oil 7 8 | €7.00 |
| V Vegetarian Risotto 7 | €6.50 |
| Crispy Duck Rissole with Julienne of Vegetables & Bean sprouts, Chilli, Soy & Scallion Dressing 1 3 6 7 | €7.50 |
| Chicken Wings Chilli & Cumin Glazed, Hot Sauce & Coriander, Carrot & Celery, Creamy Ranch Dressing 3 7 10 | €7.50 |
| Potted Smoked Salmon & Fresh Salmon Rilette Pickled Fennel, Shallot & Cucumber with Sour Dough, Dressed Salad Leaves, Lemon & Dill Remoulade 1 4 7 | €8.00 |
| Warm St Tola Goats Cheese Goats Cheese Foam, Watermelon Salad, Beetroot Pesto 1 7 8 | €8.00 |
| Grilled Bonito Tuna Salad with Classic Egg Mayonnaise, Black Olive & French Bean Salad, Tomato Dressing 3 4 7 | €9.00 |
| V ‘Super Food’ Salad, Pomegranate, St. Tola Feta, Beetroot, Multi Seeds, Almonds, Artichoke Hearts, Cranberries, Quinoa, & Baby Spinach, Vine Tomato, Lemon & Shallot Rapeseed Dressing 1 5 7 8 | €8.00/€13.00 |

We use Irish beef only. Burgers are cooked well done unless otherwise specified. Please be aware that consuming undercooked beef may increase the risk of food borne illness.



MAINS

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| Fish & Chips Wild Haddock in Crispy ‘Howling Gale’ Beer Batter, Mushy Peas, “Rustic” Chips, Salad, Tartar Sauce & Lemon 1 3 4 | €14.50 |
| Grilled Irish Beef Burger Smoked Streaky Bacon, Cahills Irish Cheddar, Crispy Onions, Garlic Flat Mushroom, Beef Tomato Relish, Chips & Coleslaw 1 3 7 11 | €14.50 |
| Traditional Roast Irish Chicken Breast & Leg with Savoy Cabbage, Gratin Potatoes, Roasted Swede, Shallot & Thyme Scented Jus 7 | €15.50 |
| Liscannor Seafood and Smoked Salmon Tagliatelle with Leeks and Broccoli in a Mushroom White Wine Sauce, Topped with Cratloe Hills Cheese 1 2 3 4 7 14 | €14.50 |
| Wild Monkfish and Tiger Prawn Curry Basmati Rice, Coriander & Yoghurt Dip, Naan Bread & Pappadoms 1 2 3 4 6 7 | €17.50 |
| Or make it Chicken Curry 1 3 6 7 | €15.50 |
| Grilled Fillets of Sea Bass with White Truffle Rooster Mash, Buttered French Beans, Roasted Fennel & Button Mushroom Cream Sauce 4 7 | €16.50 |
| Irish Beef Noodle bowl With Bok Choy, Kale & Mushrooms, Soy & Ginger Broth 1 3 4 6 7 | €15.50 |
| Shannigan’s 12” Stone Baked Pizza with Macroom Irish Buffalo Mozzarella, Sundried Tomato & Olive Tapenade, Smoked Streaky Bacon, Caramelised Red Onions & Pepperoni, Jalapeno Pesto 1 7 8 12 | €14.50 |
| V Margarita 1 7 8 (Tomato, Basil & Macroom Mozzarella) | €11.95 |

ALL SIDE ORDERS €3.95 EACH

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| Veg Plate Mash, Broccoli, Cauliflower, Root Vegetables & Baby Spinach) 7 | |
| • Traditional Skinny Fries 1 | |
| • Honey Glazed Carrots with Cumin Seeds 7 | |
| • Spring Onion Buttered Mash 7 | |
| • Tender Stem Broccoli with Toasted Almonds 7 8 | |
| • Steamed Basmati Rice | |
| • Dressed Green Salad with Tomato, Red Onion, Carrot and Croutons 10 | |
| • Garlic Bread 1 7 | |
| • Sauté Seasonal Greens with Garlic 7 | |



WWW.FACEBOOK.COM/SHANNIGANS
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