

**DESSERTS**

<b>PASTRY CHEFS HOMEMADE SPECIAL OF THE DAY</b>	<b>6.00</b>
<b>BRAMBLEY APPLE CRUMBLE</b> Irish Orchard Spirit Liqueur, Creme Anglaise 1,7,8,12	<b>6.00</b>
<b>SEASONAL BERRY ROULADE</b> White Chocolate Cream 8,7	<b>6.00</b>
<b>STICKY TOFFEE PUDDING</b> Toffee Sauce, Vanilla Ice Cream 1,7,8	<b>6.00</b>
<b>FRESH FRUIT SALAD</b>	<b>6.00</b>
<b>CHEESECAKE OF THE DAY</b> Please ask your server * 1,8,9,12	<b>6.00</b>
<b>SELECTION OF THE STRAND HOMEMADE ICE CREAMS</b> Your server will inform you of today's selection * 1,7,8,9,12	<b>5.00</b>
<b>WARM DOUBLE CHOCOLATE CARAMEL BROWNIE</b> Vanilla Ice Cream 1,7,8	<b>5.00</b>

**SWEET TREATS**

<b>FRESHLY BAKED MUFFIN</b> 1,7,8,9	<b>2.00</b>
<b>SELECTION OF COOKIES</b> 1,7,8,9	<b>1.50 each</b>
<b>FRESHLY BAKED SCONE</b> Fresh Cream, Butter and Homemade Jam 1,7,8	<b>3.20</b>
<b>PETIT FOURES</b> Macaroons / Oreo Truffles / Dark Chocolate Malakoff	<b>1.00</b>
*No added Gluten & Dairy Free options available on request	
<b>TEA OR COFFEE &amp; DESSERT SELECTION</b>	<b>7.95</b>
<b>TEA OR COFFEE &amp; SCONE</b>	<b>5.50</b>
<b>SELECTION OF TEAS &amp; COFFEES ALSO AVAILABLE</b>	

**LOCAL SUPPLIERS**J. O'Dea Smoked Cheddar - *Blas na hEireann**The Irish Food Awards Winner 2015*Achill Island - Sea Salt *Blas na hEireann**The Irish Food Awards Winner 2014*

Flesk Meats - Irish Beef

CS Fishmongers, Doonbeg - Seafood

Emer O'Flaherty - Organic Ballysalad

Silver Darlings - Herring - *Blas na hEireann**The Irish Food Awards Winner 2015*Skeaganore Duck, West Cork - Duck - *Blas na hEireann*,*The Irish Food Awards Winner 2015*Burren Smokehouse - Smoked Salmon - *Great Taste Awards 2 Gold Stars 2014*Gabriel Faherty- *Aran Islands Goats Cheese*Ballyhoura Mountain Mushrooms- *Wild Mushrooms*Pat Barry, Croom- *Beef*

Local Limerick &amp; Kerry Farms - free range chicken

All of our Beef, Pork and Chicken is 100% Irish.

We endeavour to support our local producers where we can within our menus

We use our Award Winning Homemade Strand Pantry Range in all dishes

containing Caesar Salad Dressing &amp; Curry Dishes

All of this produce is available to purchase for your use at home from the counter

**DINNER MENU**

## MAIN COURSE

<b>GRILLED SALMON FILLET</b>	<b>14.95</b>
Fillet of Atlantic Salmon Stir-Fried Seasonal Vegetables, Pickled Ginger & Wasabi <small>3,12,13,14</small> .	
<b>WILD ATLANTIC WAY, FREE RANGE CHICKEN</b>	<b>17.95</b>
Smoked Cheddar Mashed Potato, Seasonal Vegetables & Red Wine Jus <small>3,5,8,12</small>	
<b>GOLDEN CATCH OF THE DAY</b>	<b>18.95</b>
Battered Daily Catch, Home-cut Chips, Mushy Peas & Tartar Sauce <small>1,3,7,8,12,13,14</small>	
<b>BANGERS &amp; COLCANNON</b>	<b>14.95</b>
Handmade Free Range Irish Pork Sausage by Caroline Rigney of Curraghchase, Onions & Gravy <small>1,3,5,8,12</small>	
<b>MALAYSIAN STYLE CHICKEN CURRY</b> <small>3</small>	<b>16.95</b>
<b>MALAYSIAN STYLE VEGAN CURRY</b> <small>3</small>	<b>13.95</b>
<b>MALAYSIAN STYLE PRAWN CURRY</b> <small>3,11</small>	<b>17.95</b>
Poppadoms, Basmati Rice	
<b>SPAGHETTI BOLOGNAISE</b> <small>1,3,5,7,8</small>	<b>13.95</b>

## STARTERS

<b>CHEF'S FRESHLY MADE SOUP</b>	<b>5.75</b>
Our Own Freshly Baked Sour Dough	
<b>THE STRAND SEAFOOD CHOWDER</b>	<b>7.95</b>
Homemade Soda Bread, Dried Kelp <small>1,3,4,5,8,11,12,13</small>	
<b>FRESH POTTED SKEAGHANORE DUCK LIVER PATE</b>	<b>7.95</b>
Cumberland Sauce & Our Own Sourdough Toast <small>1,3,6,8,12</small>	
<b>OUR CHICKEN WINGS BBQ OR SPICY HOT SAUCE</b>	<b>8.50</b>
Blue Cheese Dressing <small>1,3,7,8,9,12,13,14</small>	
<b>CHICKEN CAESAR SALAD</b>	<b>8.95</b>
Strand Pantry Range Award Winning Caesar Dressing, Croutons & Lardons, Parmesan Shavings <small>1,3,7,8,12,13,14</small>	
<b>THAI FISHCAKE</b>	<b>8.95</b>
Seasonal Leaves, Sesame Dressing <small>1,3,5,7,10,11,13</small>	
<b>THE BURREN SMOKEHOUSE SMOKED SALMON SALAD</b>	<b>13.95</b>
New Leaf Salanova Salad, Elderflower And Rapeseed Vinaigrette, Soda Bread <small>1,3,8,13</small>	
<b>ARAN ISLAND GOATS CHEESE CROSTINI</b>	<b>7.95</b>
Sourdough, Wicked Wholefoods Granola <small>1,3,8,9,10</small>	

## IRISH STEAKS

<b>8OZ IRISH RIB EYE STEAK</b>	<b>22.95</b>
Chips, Seasonal Leaves, Pepper Sauce <small>1,3,5,8,12,14</small>	
<b>GRILLED 8OZ DRY AGED ANGUS SIRLOIN</b> <small>1,3,5,8,12</small>	<b>26.95</b>
Sauté Mushroom & Onion, Pepper Sauce, Chunky Chips	
We leave the fat on the steak to enhance the flavour while cooking Our dry aged beef comes from Pat Barry's farm in Croom, Co. Limerick #LocalFood	

## BURGER CORNER

<b>8OZ IRISH RUMP STEAK BURGER</b>	<b>16.95</b>
Limerick Smoked Cheddar, Bacon, Country Relish, Waterford Blaa. <small>1,3,7,8,10,12,14</small>	
<b>CASHEL BLUE CHEESE BURGER</b>	<b>16.95</b>
<b>8OZ IRISH RUMP STEAK BURGER</b>	<b>16.95</b>
Cashel Blue Cheese, Celeriac Slaw <small>1,3,5,7,8,14</small>	
<b>CHICKEN CAESAR IN WATERFORD BLAA</b>	<b>16.95</b>
Chicken Fillet, Smoked Cheddar And Irish Bacon, Caesar Dressing <small>1,3,7,8,13,14</small>	
<b>THE VEGETABLE BURGER</b>	<b>14.95</b>
Spiced Chickpeas, Sweet Potato, Dressed Red Cabbage <small>1,3,5,14</small>	
<b>SLOW COOKED PULLED PORK ON TRADITIONAL "BLAA"</b>	<b>14.95</b>
Real Chips, Ruby Slaw & Onion Seeds <small>1,7,5,8,9,10,12,13,14</small>	

## SIDES

<b>CHIPS</b> <small>1,3,12</small>	<b>3.50</b>
<b>HOME CUT CHIPS</b> <small>1,3</small>	<b>4.00</b>
<b>GLUTEN FREE CHIPS</b> <small>3</small>	<b>3.50</b>
<b>SEASONAL LEAVES WITH BALSAMIC</b> <small>3,12,14</small>	<b>3.50</b>
<b>SAUTÉ MUSHROOMS</b> <small>3,8</small>	<b>3.50</b>
<b>MASHED POTATO</b> <small>8,12</small>	<b>3.50</b>
<b>STEAMED VEGETABLES</b> <small>8</small>	<b>3.50</b>
<b>SAUTÉED ONIONS</b> <small>3,8</small>	<b>3.50</b>
<b>ONION RINGS</b> <small>1,3</small>	<b>3.50</b>
<b>NO ADDED GLUTEN BREAD</b>	<b>2.00</b>
<b>GUACAMOLE &amp; YOGHURT DRESSING</b> <small>8</small>	<b>2.00</b>
<b>RUBY SLAW</b> <small>3,6,14</small>	<b>2.00</b>
<b>CAJUN SPICED CHIPS</b> <small>1,3,6,12</small>	<b>4.00</b>
<b>BASMATI RICE</b>	<b>3.50</b>

## WINE & DINE

## INFORMATION

Please allow 20 minutes cooking time for well done steaks and burgers  
All of our chicken, beef & pork is 100% Irish.

As we are handling multiple food allergen ingredients within our kitchens, we make every effort to prevent a possible 'cross-over' during preparation & service, however can not guarantee complete absence of traces of other Food Allergens or the presence of possible airborne allergens.

Should you suffer from a SEVERE Food Allergy, please make this known to us and we will discuss further requirements to accommodate your needs.



**SPECIAL OFFERS**  
**ANY MAIN COURSE & A GLASS OF HOUSE RED OR WHITE WINE OR A PINT OF BEER**

**ANY MAIN COURSE & DESSERT OF YOUR CHOICE**

**19.95**  
Per Person  
\*\*excludes Steak dishes

**17.95**  
Per Person  
\*\*excludes Steak dishes

