

Connemara Coast endeavours to source food locally wherever possible. This is an integral part of our sustainability program to reduce Food Miles while sourcing quality and supporting the local economy. A few of the local suppliers we are proud to be associated with include

POULTRY

Redmond's Fine Foods

FISH & SHELLFISH

Marys Seafood
Kellys of Galway

BEEF

Clonee, Meath

PORK

Andarl Farm, Mayo

SMOKED PUDDING

Hugh Maguire, Meath

GOATS CHEESE

Dunmore Goats Farm, Galway
Gaberl Aran Island

SPECIALIST FOODS

Redmond Fine Foods

DAIRY

Arrabawn Creamery, Galway

FRUIT & VEGETABLES

Total Produce, Galway

SALADS/MICRO HERBS

An Garrai Glas

STARTERS

Mar Thús

SEASONAL HOMEMADE VEGETABLE SOUP €6.95

traditional brown soda bread

contains 5, 7, 8, 12, AGF, VE

CONNEMARA COAST SEAFOOD CHOWDER €9.95

traditional brown soda bread

contains 2, 4, 5, 7, 8, 12, AGF

CRAYFISH COCKTAIL €12.50

little gem, connemara whiskey marie rose sauce

contains 1, 2, 3, 4, 5, 7, 8, 12, AGF

CROCK OF STEAMED GALWAY ROPE MUSSELS (500G) €10.50

dilisk cream, garlic sourdough

contains 2, 7, 8, 12, 13, AGF

CONNEMARA FISHERIES SMOKED SALMON €13.50

traditional brown soda bread, caper berries, red onion

contains 1, 2, 5, 7, 8, 12, 13, AGF

BAKED IRISH CHICKEN WINGS €10.95

sesame, coriander & lime yogurt

contains 1, 2, 5, 7, 15, CE

also available as main with pommes frites €17.95

SALADS

Sailéid

HEALTHY HEART SALAD €14.95

mixed leaf, quinoa, watermelon, tender stem,
apple & elderflower kombucha dressing

contains 5, 7, 12, CE, VE

GOAT'S CHEESE SALAD €14.95

aran island dilisk goats cheese, candied walnut,
beetroot, mixed leaf, bee pollen, beetroot dressing

contains 5, 7, 12, 26, CE, VE

CLASSIC CAESAR €12.95

little gem, sourdough croutons, shaved parmesan,
crispy onions, caesar dressing

contains 1, 2, 4, 5, 7, 8, 12, AGF

add poached chilled chicken breast +€4.00

contains 7

add tiger prawns +€6.50

contains 3

ALLERGENS: **V** Vegetarian **VE** Vegan **CE** Coeliac **AGF** – Available Gluten Free

1 Eggs **2** Milk **3** Crustacean **4** Fish **5** Celery **6** Mustard **7** Sulphites **8** Wheat

9 Rye **10** Barley **11** Oats **12** Lupin **13** Molluscs. **14** Soybeans **15** Sesame Seeds

16 Peanuts **17** Almonds **18** Cashew Nuts **19** Brazil Nuts **20** Pistachio Nuts

21 Pecan Nuts **22** Macadamia Nuts **23** Chestnuts **24** Pine Nuts **25** Hazel Nuts

26 Walnuts **27** Pumpkin seeds

ALL BEEF, LAMB, PORK & POULTRY IS OF IRISH ORIGIN

ALL OUR SEAFOOD IS RESPONSIBLY SOURCED

We handle all 27 allergens in our kitchens. Although all due care is taken during meal preparation, cross contamination risks are possible.

MAIN COURSES

Príomhchúrsaí

SIDES

Ar an Taobh

CRISPY FRIES

contains 1, 2, 7, 8, 12

CREAMY MASH POTATO

contains 2, 7, CE

SAUTÉED ONION & MUSHROOM

contains 1, contains 2, 7, CE

MIXED SEASONAL VEGETABLES

contains 2, 7, CE, VE

GREEN SIDE SALAD

contains 2, 5, 6, 7, CE

HASSELBACK POTATOES

contains 2, 7, CE

all €5.00 each

CROCK OF STEAMED GALWAY ROPE MUSSELS (1 KG)

dilisk cream, garlic sourdough, mayonnaise, pommes frites

contains 2, 4, 5, 7, 8, 12, 13, AGF

€19.50

SEARED SEA TROUT

furbo sea vegetables, hasselback potato, crayfish & chorizo verjus

contains 1, 2, 3, 4, 5, 7, 12, CE

€22.95

MARKET FISH (WHEN AVAILABLE)

hasselback potato, crayfish, lemon & caper berry butter

contains 1, 2, 3, 4, 5, 7, 8, 12, AGF

€32.00

FISH & CHIPS

local craft beer battered cod, mushy pea, tartare sauce

contains 1, 2, 4, 5, 7, 8, 12

€18.95

MANOR FARM SUPREME OF CHICKEN

roasted red pepper polenta, tender stem, salsa verde

contains 1, 2, 5, 6, 7, 8, 12, AGF

€19.50

CONNEMARA BRAISED LAMB SHOULDER

maple carrots, mashed potato, red wine jus

contains 2, 5, 7, 12, CE

€22.50

ANDARL FARM SUCKLING PORK BELLY

hugh maguire's smoked black pudding, mustard mashed potato, cider jus

contains 2, 5, 7, 8, 12, AGF

€23.50

GRILLED 8^{oz} DRY AGED IRISH BEEF BURGER

smoked tomato relish, tempura onion, bacon, cheddar, crispy fries

contains 2, 5, 6, 7, 8, 12, AGF

€19.50

8^{oz} IRISH BEEF RIB EYE

chips, onion, mushrooms, peppercorn sauce

contains 2, 5, 7, 12, CE

add tiger prawns +€5.95

contains 3

€32.95

FOREST MUSHROOM GNOCCHI

truffle cream, shaved parmesan, rocket

contains 1, 2, 3, 4, 5, 7, 8, 12, V

€18.50

ROASTED CAULIFLOWER

sesame seaweed, red pepper polenta, salsa verde

contains 5, 6, 7, 12, CE, VE

€18.50

DESSERTS

Milseoga

SELECTION OF ICE-CREAMS

fruit coulis, mini mallows

contains 1, 2, 7, 8, AGF

€6.50

BAKED APPLE CRUMBLE

vanilla ice-cream, crème anglaise

contains 1, 2, 7, 8, 12

€8.50

VANILLA CRÈME BRÛLÉE

salted caramel ice cream, almond macaroon

contains 1, 2, 7, 8, 17, AGF

€8.50

STRAWBERRY CHEESECAKE

strawberry sorbet

contains 1, 2, 7, 8, 12

€8.50

FORCED RHUBARB TRIFLE

white chocolate mousse, vanilla ice-cream

contains 1, 2, 7, CE

€8.50

IRISH CHEESE SELECTION

house chutney, oat crackers

contains 1, 2, 7, 8, 12, AGF

€12.50