



BRUNCH MENU

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, Macroom, Cork - Irish Sausages

Leah's Foods, Listowel- Black & White Pudding

Pallas Food- Irish Bacon

Sean Duggan, Croom- Free Range Eggs

Emer O'Flaherty - Organic Ballysalad

Blue Bell Falls - Goats Cheese - *Blas na hEireann, The Irish Food Awards*

Bewleys- Tea & Coffee

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 & Curry Dishes

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



HOT BEVERAGES

AMERICANO Espresso topped up with Hot Water	2.90
CAPPUCCINO 8 Full Bodied Espresso topped with Smooth Textured Milk and a Light Sprinkling of Chocolate	3.50
CAFÉ LATTE 8 A strong Espresso layered into a Glass of Frothy Milk	3.50
VANILLA LATTE 8 A Latte Kissed with a Hint of Vanilla	3.65
MOCHA 8 Latte with a Shot of Sweet Dark Chocolate Sauce	3.65
ESPRESSO A shot of Very Strong Robust Coffee	2.90
DOUBLE ESPRESSO	3.90
MACCHIATO 8 Combining Espresso & Frothed Milk	2.95
CARAMEL MACCHIATO 8 Combining Espresso, Vanilla & Frothed Milk Topped with a Sweet Caramel Syrup	3.80
HOT CHOCOLATE 8 Topped with Marshmallows	3.50
TRADITIONAL TEA	2.90
SELECTION OF HERBAL TEAS A Selection of Bewleys Blend Teas Available Please ask your server for more details	3.20

COLD BEVERAGES

ORANGE JUICE	3.00
APPLE JUICE	3.00
CRANBERRY JUICE	3.00
MINERAL WATER Still Sparkling	3.00

HEALTHY OPTIONS

PORRIDGE 1,8,9 Irish Honey, Multi Grain Seeds	4.75
FRESH FRUIT SALAD	4.25
BURREN SMOKE HOUSE SMOKED SALMON SANDWICH 1,13,3,12,14 Homemade Soda Bread & Seasonal Leaves	10.50
CEREAL 1 All Bran, Bran Flakes, Weetabix, Rice Crispies, Cornflakes, Muesli <i>Gluten Free available on request</i>	3.25
HOMEMADE GRANOLA Irish Yoghurt, Fresh Berries	5.75

HOT ITEMS

FULL IRISH BREAKFAST 1,7,3,8,12, 14 Irish Bacon, Sausage, Black & White Pudding, Free Range Fried Egg, Tomato, Mushrooms, Sautéed Potatoes & Beans served with Tea/Coffee & Toast	15.50
MINI BREAKFAST 3 Items of choice from the Full Irish Breakfast Plus Tea or Coffee and Toast	8.95
CROQUE MONSIEUR 1,3,8,12 Toasted Limerick Ham & Cahills Mature Cheddar Cheese Sandwich with Béchamel Sauce and Chips	9.95
CROQUE MADAM 1,7,3,8,12 Toasted Limerick ham, Cahills Mature Cheddar Cheese & Fried Free Range Egg Sandwich with Béchamel Sauce and Chips	10.50
NO ADDED GLUTEN BLTC <i>(Available after 10am)</i> 3,8,14 Grilled Irish Bacon, Lettuce, Fresh Tomatoes with Effin Smoked Cheddar & Seasonal Salad	13.95
STRAND CLUB SANDWICH <i>(Available after 10am)</i> 1,7,3,8,12 Irish Bacon, Free Range Egg, Lettuce, Tomato, Chicken & Chips	15.95
MAKE YOUR OWN SANDWICH <i>(Available after 10am)</i> Freshly Cut Sandwich on: <i>Crusty white/multi-seed brown/Panini/tortilla wrap</i> Choose any Filling: <i>Limerick Baked Ham/Roast Irish Beef/Chicken</i> With any 3 of the following: <i>Cheese/Lettuce/Tomato/Onion/Cucumber/Peppers</i>	7.50
Any additional filling	0.75

BREADS & PASTRIES

HOMEMADE COOKIES 1,8,10 <i>(Available after 10am)</i>	1.75 EACH
HOMEMADE MUFFIN 1,7 8, 10 <i>(Available after 10am)</i>	2.25
FRESHLY BAKED SCONES OR DANISH PASTRY 1,8,7 <i>(Available after 10am)</i>	3.50
TEA\ COFFEE & PASTRY CHEFS RECOMMENDATION <i>(Available after 10am)</i> Please ask your server	8.50
TEA\ COFFEE & FRESH SCONE 1,8,7 <i>(Available after 10am)</i> Fresh Cream, Butter and Homemade Jam	5.75
TEA\ COFFEE & TOAST Your Choice of White or Brown Bread	4.25

DIETARY REQUIREMENTS

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.



All of our chicken, beef & pork is 100% Irish.