

## DESSERTS

<b>BRAMBLEY APPLE CRUMBLE</b> Creme Anglaise 1,7,8,12	<b>6.50</b>
<b>SEASONAL BERRY ROULADE</b> Raspberry Coulis 8,7	<b>6.50</b>
<b>STICKY TOFFEE PUDDING</b> Toffee Sauce, Salted Caramel Ice Cream 1,7,8	<b>6.50</b>
<b>FRESH FRUIT SALAD</b>	<b>6.50</b>
<b>CHEESECAKE OF THE DAY</b> Please ask your server * 1,8,9,12	<b>6.50</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>6.25</b>
<b>WARM DOUBLE CHOCOLATE CARAMEL BROWNIE</b> Vanilla Ice Cream 1,7,8	<b>5.25</b>



## LUNCH MENU

## SWEET TREATS

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FRESHLY BAKED MUFFIN 1,7,8,9	<b>2.25</b>
SELECTION OF COOKIES 1,7,8,9	<i>each</i> <b>1.75</b>
FRESHLY BAKED SCONE Fresh Cream, Butter and Homemade Jam 1,7,8	<b>3.50</b>
MINI MACAROONS *No added Gluten & Dairy Free options available on request	<b>1.25</b>
TEA OR COFFEE & DESSERT SELECTION	<b>8.50</b>
TEA OR COFFEE & SCONE	<b>5.75</b>
SELECTION OF TEAS & COFFEES ALSO AVAILABLE	

## 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*  
 CS Fishmongers, Doonbeg - Seafood  
 Emer O'Flaherty - Organic Ballysalad  
 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 & 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



## STARTERS

**CHEF'S FRESHLY MADE SOUP** 6.00

Our Own Freshly Baked Sourdough

**THE STRAND SEAFOOD CHOWDER** 8.50

Homemade Soda Bread, Dried Kelp 1,3,4,5,8,11,12,13

**BBQ CHICKEN WINGS** 8.95

Blue Cheese Dressing 1,3,7,8,9,12,13,14

**CHICKEN CAESAR SALAD**

Strand Pantry Range Award Winning Caesar Dressing, Croutons & Lardons, Parmesan Shavings 1,3,7,8,12,13,14 small 9.95 large 14.95

**THE BURREN SMOKEHOUSE SMOKED SALMON SALAD** 14.95

Seasonal Salad, Elderflower And Rapeseed Vinaigrette, Soda Bread

**WARM ST. TOLA GOATS CHEESE SALAD** 8.50

Granola Crust, Raspberry, Beetroot, Rocket 1,3,8,9,10

**SPICY HOMEMADE CHICKEN GOUJONS** 9.50

Choice of Garlic Mayonnaise, Mari Rose & Bluecheese Dip 1,2,3,5,7,8,9,13,14

**STRAND CLUB SANDWICH** 15.95

Irish Bacon, Free Range Egg, Lettuce, Tomato, Chicken & Chunky Chips 1,3,7,8,12,14

**NO ADDED GLUTEN BLTC** 13.95

Grilled Irish Bacon, Lettuce, Fresh Tomatoes with Effin Smoked Cheddar & Seasonal Salad 3,8,14

**CHICKEN CAESAR WRAP** 10.50

Chicken Fillet, Croutons, Parmesan Shavings, Bacon Lardons & Award Winning Strand Pantry Caesar Dressing & Chunky Chips

**LIMERICK CROQUE MONSIEUR** 9.95

Toasted Limerick Baked Ham & Mature Cheddar Cheese Sandwich, Béchamel Sauce, Chips 1,3,7,8,12

**LIMERICK CROQUE MADAME** 10.50

Toasted Limerick Baked Ham, Mature Cheddar Cheese, Fried Free Range Egg, Béchamel Sauce, Chips 1, 3,7,8,12,14

**MAKE YOUR OWN SANDWICH** 7.50

served with Blanco Nino Irish Corn Tortilla Chips 3,5

*Choose Your Bread:*

Open Sandwich Crusty White / Multi-Seed Brown/

Toasted Panini /Tortilla Wrap 1,8,7,10

*Choose Any 3 Fillings:*

Limerick Baked Ham / Roast Beef / Chicken

Smoked Effin Cheddar Cheese 8 / Lettuce / Tomato / Onion /

Cucumber / Peppers/ Croom Free Range Egg Mayonnaise 7,8

*Additional Filling*

**ADD CHIPS TO A SANDWICH** 2.75

## SANDWICHES

## BURGER CORNER

**8OZ IRISH RUMP STEAK BURGER** 17.95

Limerick Smoked Cheddar, Bacon, Country Relish, Waterford Blaa. 1,3,7,8,12,14

**CASHEL BLUE CHEESE BURGER** 17.95

8OZ IRISH RUMP STEAK BURGER  
Cashel Blue Cheese, Celeriac Slaw 1,3,5,7,8,14

**SOUTHERN FRIED CHICKEN BURGER** 17.95

Waterford Blaa, Mayonnaise, Lettuce, Tomato, Mari Rose & Chunky Chips 1,2,3,5,7,8,9,13,14

**THE VEGETABLE BURGER** 16.95

Spiced Chickpeas, Sweet Potato, Dressed Red Cabbage 1,3,5,14

## MAIN COURSE

**GRILLED SALMON FILLET** 17.95

Stir Fried Vegetables, Wasabit & Pickled Ginger 3,5,10,13

**TANDOORI MARINATED CHICKEN BREAST** 18.95

Raita, Aloo Gobi, Rice & Popadoms 1,2,3,9,10,14

**GOLDEN CATCH OF THE DAY** 17.95

Battered Daily Catch, Home-Cut Chips, Mushy Peas & Tartar Sauce 1,3,7,8,12,13,14

**BANGERS & MASH** 16.95

Handmade Free Range Irish Pork Sausage by Caroline Rigney of Curraghchase, Onions & Gravy 1,3,5,8,12

**GRILLED 6OZ IRISH DEXTER STEAK SANDWICH** 18.95

Ciabatta, Rocket, Garlic Butter, Cucumber Relish & Chunky Chips 1,8,14

## SIDES

**CHIPS** 1,3,12 3.75

**SEASONAL LEAVES WITH BALSAMIC** 3,12,14 3.75

**MASHED POTATO** 8,12 3.75

**SAUTÉED ONIONS** 3,8 3.75

**ONION RINGS** 1,3 3.75

**NO ADDED GLUTEN BREAD** 2.25

**CAJUN SPICED CHIPS** 1,3,5,12 4.25

**SEASONAL VEGETABLES** 3.75

**CHIPS & DIPS**, Garlic Mayo, Marirose & Bluecheese Dip, 4.25

## SPECIALS

**CHEFS DAILY SOUP AND SANDWICH OF THE DAY** 9.50

(please ask your server for more details)

**DISH OF THE DAY** with Tea or Coffee 13.95

**FISH OF THE DAY** with Tea or Coffee 15.95

**MAIN COURSE & DESSERT \*** 18.95

**3 COURSE LUNCH SPECIAL \*** 19.95

Cup of Soup or Chowder or Small Caesar Salad

Any Main Course or Burger or Sandwich

Scoop of IceCream or Chocolate Brownie

*\*E2 supplement for chicken supreme*

## 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.

