



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
Silver Darlings - Herring - *Blas na hEireann, The Irish Food Awards Winner 2015*
Blue Bell Falls - Goats Cheese - *Blas na hEireann, The Irish Food Awards Winner 2015*
Cahills, Newcastlewest- Mature Cheddar
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*



for Culinary Excellence
2015 - 2016











HOT BEVERAGES

AMERICANO	2.90
Espresso topped up with Hot Water	
CAPPUCCINO 	3.50
Full Bodied Espresso topped with Smooth Textured Milk and a Light Sprinkling of Chocolate	
CAFÉ LATTE 	3.50
A strong Espresso layered into a Glass of Frothy Milk	
VANILLA LATTE 	3.65
A Latte Kissed with a Hint of Vanilla	
MOCHA 	3.65
Latte with a Shot of Sweet Dark Chocolate Sauce	
ESPRESSO	2.90
A shot of Very Strong Robust Coffee	
DOUBLE ESPRESSO	3.90
MACCHIATO 	2.95
Combining Espresso & Frothed Milk	
CARAMEL MACCHIATO 	3.80
Combining Espresso, Vanilla & Frothed Milk Topped with a Sweet Caramel Syrup	
HOT CHOCOLATE 	3.50
Topped with Marshmallows	
TRADITIONAL TEA	2.90
SELECTION OF HERBAL TEAS	3.10
A Selection of Twining Blend Teas Available Please ask your server for more details	

























COLD BEVERAGES

ORANGE JUICE	2.60
APPLE JUICE	2.60
CRANBERRY JUICE	2.50
MINERAL WATER	2.80
Still	
Sparkling	














HEALTHY OPTIONS

PORRIDGE   	4.50
Irish Honey, Multi Grain Seeds	
FRESH FRUIT SALAD	3.95
BURREN SMOKE HOUSE SMOKED SALMON SANDWICH    	9.95
Homemade Soda Bread & Seasonal Leaves	
CEREAL 	3.00
All Bran, Bran Flakes, Weetabix, Rice Crispies, Cornflakes, Muesli <i>Gluten Free available on request</i>	

HOT ITEMS

FULL IRISH BREAKFAST      	14.50
Irish Bacon, Sausage, Black & White Pudding, Free Range Fried Egg, Tomato, Mushrooms, Sautéed Potatoes & Beans served with Tea/Coffee & Toast	
MINI BREAKFAST	7.50
3 Items of choice from the Full Irish Breakfast Plus Tea or Coffee and Toast	
CROQUE MONSIEUR    	8.50
Toasted Limerick Ham & Cahills Mature Cheddar Cheese Sandwich with Béchamel Sauce and Chips	
CROQUE MADAM     	8.95
Toasted Limerick ham, Cahills Mature Cheddar Cheese & Fried Free Range Egg Sandwich with Béchamel Sauce and Chips	
BACON BUTTY    	12.95
<i>(Available after 10am)</i> Grilled Irish Bacon, Lettuce, Smoked Effin Cheddar, Tomato & Chips Served on a Waterford Blaa	
STRAND CLUB SANDWICH     	14.95
<i>(Available after 10am)</i> Irish Bacon, Free Range Egg, Lettuce, Tomato, Chicken & Chips	
MAKE YOUR OWN SANDWICH	6.95
<i>(Available after 10am)</i> Freshly Cut Sandwich on: <i>Crusty white/multi-seed brown/Panini/tortilla wrap/wholemeal 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>	
Any additional filling	0.50

BREADS & PASTRIES

HOMEMADE COOKIES   	1.00 EACH
<i>(Available after 10am)</i>	
HOMEMADE MUFFIN    	2.00
<i>(Available after 10am)</i>	
FRESHLY BAKED SCONES OR DANISH PASTRY   	3.20
<i>(Available after 10am)</i>	
TEA\ COFFEE & PASTRY CHEFS RECOMMENDATION	7.00
<i>(Available after 10am)</i> Please ask your server	
TEA\ COFFEE & FRESH SCONE   	5.50
<i>(Available after 10am)</i> Fresh Cream, Butter and Homemade Jam	
TEA\ COFFEE & TOAST	4.00
Your Choice of White or Brown Bread	

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.

 Gluten wheat	 Celery	 Nuts	 Sulphur dioxide
 Peanuts	 Lupin	 Sesame	 Fish
 Soya	 Eggs	 Crustaceans	 Mustard
 Molluscs	 Lactose		

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