



## 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*  
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  
2016 - 2017



## HOT BEVERAGES

<b>AMERICANO</b> Espresso topped up with Hot Water	<b>2.90</b>
<b>CAPPUCCINO</b> 8 Full Bodied Espresso topped with Smooth Textured Milk and a Light Sprinkling of Chocolate	<b>3.50</b>
<b>CAFÉ LATTE</b> 8 A strong Espresso layered into a Glass of Frothy Milk	<b>3.50</b>
<b>VANILLA LATTE</b> 8 A Latte Kissed with a Hint of Vanilla	<b>3.65</b>
<b>MOCHA</b> 8 Latte with a Shot of Sweet Dark Chocolate Sauce	<b>3.65</b>
<b>ESPRESSO</b> A shot of Very Strong Robust Coffee	<b>2.90</b>
<b>DOUBLE ESPRESSO</b>	<b>3.90</b>
<b>MACCHIATO</b> 8 Combining Espresso & Frothed Milk	<b>2.95</b>
<b>CARAMEL MACCHIATO</b> 8 Combining Espresso, Vanilla & Frothed Milk Topped with a Sweet Caramel Syrup	<b>3.80</b>
<b>HOT CHOCOLATE</b> 8 Topped with Marshmallows	<b>3.50</b>
<b>TRADITIONAL TEA</b>	<b>2.90</b>
<b>SELECTION OF HERBAL TEAS</b>  A Selection of Bewleys Blend Teas Available Please ask your server for more details	<b>3.10</b>

## COLD BEVERAGES

<b>ORANGE JUICE</b>	<b>2.60</b>
<b>APPLE JUICE</b>	<b>2.60</b>
<b>CRANBERRY JUICE</b>	<b>2.50</b>
<b>MINERAL WATER</b> Still Sparkling	<b>2.80</b>

## HEALTHY OPTIONS

<b>PORRIDGE</b> 1,8,9 Irish Honey, Multi Grain Seeds	<b>4.50</b>
<b>FRESH FRUIT SALAD</b>	<b>3.95</b>
<b>BURREN SMOKE HOUSE SMOKED SALMON SANDWICH</b> 1,13,3,12,14 Homemade Soda Bread & Seasonal Leaves	<b>9.95</b>
<b>CEREAL</b> 1 All Bran, Bran Flakes, Weetabix, Rice Crispies, Cornflakes, Muesli <i>Gluten Free available on request</i>	<b>3.00</b>
<b>HOMEMADE GRANOLA</b> Irish Yoghurt, Fresh Berries	<b>5.50</b>

## HOT ITEMS

<b>FULL IRISH BREAKFAST</b> 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	<b>14.50</b>
<b>MINI BREAKFAST</b> 3 Items of choice from the Full Irish Breakfast Plus Tea or Coffee and Toast	<b>8.50</b>
<b>CROQUE MONSIEUR</b> 1,3,8,12 Toasted Limerick Ham & Cahills Mature Cheddar Cheese Sandwich with Béchamel Sauce and Chips	<b>8.50</b>
<b>CROQUE MADAM</b> 1,7,3,8,12 Toasted Limerick ham, Cahills Mature Cheddar Cheese & Fried Free Range Egg Sandwich with Béchamel Sauce and Chips	<b>8.95</b>
<b>BACON BUTTY</b> <i>(Available after 10am)</i> 1,3,8,12 Grilled Irish Bacon, Lettuce, Smoked Effin Cheddar, Tomato & Chips Served on a Waterford Blaa	<b>12.95</b>
<b>STRAND CLUB SANDWICH</b> <i>(Available after 10am)</i> 1,7,3,8,12 Irish Bacon, Free Range Egg, Lettuce, Tomato, Chicken & Chips	<b>14.95</b>
<b>MAKE YOUR OWN SANDWICH</b> <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>	<b>6.95</b>
Any additional filling	<b>0.50</b>

## BREADS & PASTRIES

<b>HOMEMADE COOKIES</b> 1,8,10 <i>(Available after 10am)</i>	<b>1.00 EACH</b>
<b>HOMEMADE MUFFIN</b> 1,7 8, 10 <i>(Available after 10am)</i>	<b>2.00</b>
<b>FRESHLY BAKED SCONES OR DANISH PASTRY</b> 1,8,7 <i>(Available after 10am)</i>	<b>3.20</b>
<b>TEA\ COFFEE &amp; PASTRY CHEFS RECOMMENDATION</b> <i>(Available after 10am)</i> Please ask your server	<b>7.00</b>
<b>TEA\ COFFEE &amp; FRESH SCONE</b> 1,8,7 <i>(Available after 10am)</i> Fresh Cream, Butter and Homemade Jam	<b>5.50</b>
<b>TEA\ COFFEE &amp; TOAST</b> Your Choice of White or Brown Bread	<b>4.00</b>

## 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.*