

# DESSERTS

<b>FLOURLESS CHOCOLATE CAKE</b> Fresh Cream and Raspberries 7,8	<b>6.00</b>
<b>JANET'S DEEP FILLED APPLE CRUMBLE TART</b> Anglaise Sauce 1,7,8	<b>6.00</b>
<b>SEASONAL BERRY ROULADE</b> Fruit Coulis 8,7	<b>6.00</b>
<b>STICKY TOFFEE PUDDING</b> Salted Caramel Ice Cream & Butterscotch Sauce 1,7,8	<b>6.00</b>
<b>FRESH FRUIT SALAD</b>	<b>6.00</b>
<b>RASPBERRY CRÈME BRULEE</b> Pistachio Biscotti 1,7,8,9	<b>5.00</b>
<b>WARM DOUBLE CHOCOLATE CARAMEL BROWNIE</b> Vanilla Ice - Cream 1,7,8	<b>6.00</b>
<b>CHEESECAKE OF THE DAY</b> Please ask your server * 1,8,9,12	<b>6.00</b>
<b>SELECTION OF THE STRAND HOMEMADE ICE CREAMS</b> "Achill Island Sea Salt" Cracked Black Pepper Tuille Your server will inform you of today's selection * 1,7,8,9,12	<b>5.95</b>

# SWEET TREATS

<b>ROCKY ROAD</b> 1,8,9	<b>4.00</b>
<b>FRESHLY BAKED MUFFIN</b> 1,7,8,9	<b>2.00</b>
<b>SELECTION OF COOKIES</b> 1,7,8,9	<b>1.50 each</b>
<b>JANET'S AWARD WINNING FRESHLY BAKED SCONE</b> Fresh Cream, Butter and Homemade Jam 1,7,8	<b>3.20</b>
<b>WHOLEMEAL SPELT SCONES</b> The Healthier Option 1,7,8	<b>3.20</b>
<i>*No added Gluten &amp; Dairy Free options available on request</i>	
<b>TEA OR COFFEE &amp; DESSERT SELECTION</b>	<b>7.95</b>
<b>TEA OR COFFEE &amp; SCONE</b>	<b>5.50</b>
<b>SELECTION OF TEAS &amp; COFFEES ALSO AVAILABLE</b>	



## DINNER 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 - Irish Beef  
 CS Fishmongers, Doonbeg - Seafood  
 Emer O'Flaherty - Organic Ballysalad  
 Silver Darlings - Herring - *Blas na hEireann*  
*The Irish Food Awards Winner 2015*  
 Skeaganore Duck, West Cork - Duck - *Blas na hEireann*,  
*The Irish Food Awards Winner 2015*  
 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

*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*



## STARTERS

<b>CHEF'S FRESHLY MADE SOUP</b> Our Own Freshly Baked Sour Dough	<b>5.75</b>
<b>THE STRAND SEAFOOD CHOWDER</b> Homemade Soda Bread, Dried Kelp <i>1,3,4,5,8,11,12,13</i>	<b>7.95</b>
<b>FRESH POTTED SKEAGHANORE DUCK LIVER PATE</b> Cumberland Sauce & Our Own Sourdough Toast <i>1,3,6,8,12</i>	<b>7.95</b>
<b>OUR CHICKEN WINGS BBQ OR SPICY HOT SAUCE</b> Blue Cheese Dressing <i>1,3,7,8,9,12,13,14</i>	<b>8.50</b>
<b>CHICKEN CAESAR SALAD</b> Strand Pantry Range Award Winning Caesar Dressing, Croutons & Lardons, Parmesan Shavings <i>1,3,7,8,12,13,14</i>	<i>small</i> <b>8.95</b> <i>large</i> <b>13.95</b>
<b>THAI FISHCAKE</b> Seasonal Leaves, Sesame Dressing <i>1,3,5,7,10,11,13</i>	<b>8.95</b>
<b>THE BURREN SMOKEHOUSE SMOKED SALMON SALAD</b> New Leaf Salanova Salad, Elderflower And Rapeseed Vinaigrette, Soda Bread <i>1,3,8,13</i>	<b>13.95</b>
<b>ARAN ISLAND GOATS CHEESE CROSTINI</b> Sourdough, Wicked Wholefoods Granola <i>1,3,8,9,10</i>	<b>7.95</b>

## MAIN COURSE

<b>GRILLED SALMON FILLET</b> Fillet of Atlantic Salmon Stir-Fried Seasonal Vegetables, Pickled Ginger & Wasabi <i>3,12,13,14</i> .	<b>14.95</b>
<b>WILD ATLANTIC WAY, FREE RANGE CHICKEN</b> Smoked Cheddar Mashed Potato, Seasonal Vegetables & Red Wine Jus <i>3,5,8,12</i>	<b>17.95</b>
<b>GOLDEN CATCH OF THE DAY</b> Battered Daily Catch, Home-cut Chips, Mushy Peas & Tartar Sauce <i>1,3,7,8,12,13,14</i>	<b>18.95</b>
<b>BANGERS &amp; COLCANNON</b> Handmade Free Range Irish Pork Sausage by Caroline Rigney of Curraghchase, Onions & Gravy <i>1,3,5,8,12</i>	<b>14.95</b>
<b>MALAYSIAN STYLE CHICKEN CURRY</b> <sub>3</sub> <b>MALAYSIAN STYLE VEGAN CURRY</b> <sub>3</sub> Poppadoms, Basmati Rice	<b>16.95</b> <b>13.95</b>
<b>SPAGHETTI BOLOGNAISE</b> <i>1,3,5,7,8</i>	<b>13.95</b>

## IRISH STEAKS

<b>8OZ IRISH RIB EYE STEAK</b> Chips, Seasonal Leaves, Pepper Sauce <i>1,3,5,8,12,14</i>	<b>22.95</b>
<b>GRILLED 8OZ DRY AGED ANGUS SIRLOIN</b> <i>1,3,5,8,12</i> Sauté Mushroom & Onion, Pepper Sauce, Chunky Chips	<b>26.95</b>
We leave the fat on the steak to enhance the flavour while cooking Our dry aged beef comes from Pat Barry's farm in Croom, Co. Limerick #LocalFood	

## BURGER CORNER

<b>8OZ IRISH RUMP STEAK BURGER</b> Limerick Smoked Cheddar, Bacon, Country Relish, Waterford Blaa. <i>1,3,7,8,10,12,14</i>	<b>16.95</b>
<b>CASHEL BLUE CHEESE BURGER</b> <b>8OZ IRISH RUMP STEAK BURGER</b> Cashel Blue Cheese, Celeriac Slaw <i>1,3,5,7,8,14</i>	<b>16.95</b>
<b>CHICKEN CAESAR IN WATERFORD BLAA</b> Chicken Fillet, Smoked Cheddar And Irish Bacon, Caesar Dressing <i>1,3,7,8,13,14</i>	<b>16.95</b>
<b>THE VEGETABLE BURGER</b> Spiced Chickpeas, Sweet Potato, Dressed Red Cabbage <i>1,3,5,14</i>	<b>14.95</b>
<b>SLOW COOKED PULLED PORK ON TRADITIONAL "BLAA"</b> Real Chips, Ruby Slaw & Onion Seeds <i>1,7,5,8,9,10,12,13,14</i>	<b>14.95</b>

## SIDES

<b>CHIPS</b> <i>1,3,12</i>	<b>3.50</b>
<b>HOME CUT CHIPS</b> <i>1,3</i>	<b>4.00</b>
<b>GLUTEN FREE CHIPS</b> <sub>3</sub>	<b>3.50</b>
<b>SEASONAL LEAVES WITH BALSAMIC</b> <i>3,12,14</i>	<b>3.50</b>
<b>SAUTÉ MUSHROOMS</b> <i>3,8</i>	<b>3.50</b>
<b>MASHED POTATO</b> <i>8,12</i>	<b>3.50</b>
<b>STEAMED VEGETABLES</b> <sub>8</sub>	<b>3.50</b>
<b>SAUTÉED ONIONS</b> <i>3,8</i>	<b>3.50</b>
<b>ONION RINGS</b> <i>1,3</i>	<b>3.50</b>
<b>NO ADDED GLUTEN BREAD</b>	<b>2.00</b>
<b>GUACAMOLE &amp; YOGHURT DRESSING</b> <sub>8</sub>	<b>2.00</b>
<b>RUBY SLAW</b> <i>3,6,14</i>	<b>2.00</b>
<b>CAJUN SPICED CHIPS</b> <i>1,3,6,12</i>	<b>4.00</b>
<b>BASMATI RICE</b>	<b>3.50</b>

## WINE & DINE

<b>SPECIAL OFFER</b> <b>ANY MAIN COURSE &amp; A GLASS OF HOUSE RED OR WHITE WINE OR A PINT OF BEER</b>	<b>19.95</b> Per Person <i>**excludes Steak dishes</i>
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Please allow 20 minutes cooking time for well done steaks and burgers <i>All of our chicken, beef &amp; pork is 100% Irish.</i>	
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.	
1 GLUTEN	2 PEANUTS
3 SOYA	4 MOLLUSCS
5 CELERY	6 LUPIN
7 EGG	8 LACTOSE
9 NUTS	10 SESAME
11 CRUSTACEAN	12 SULPHURDIOXIDE
13 FISH	14 MUSTARD