

STARTER

**EARLY BIRD MENU**

**3 COURSE MENU 50.00 PER COUPLE**

Main, Starter & Dessert with a bottle of house wine.

**AVAILABLE TUESDAY - THURSDAY FROM 6PM - 7PM**

**SPICED DUCK LEG**

Corn & Orange Salsa 5

**CLASSIC CAESAR SALAD**

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

**THE STRAND SEAFOOD CHOWDER**

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

**SOUP OF THE DAY**

Our Own Freshly Baked Sourdough

MAIN

**FREE RANGE LOCAL CHICKEN BREAST**

Cherry Tomato Confit, Asparagus, Garlic Scopes, Chicken Jus 3,5,7, 8,12,14

**CHARGRILLED IRISH 8OZ RIB EYE STEAK**

*\*E6.00 supplement applies*  
Onion Rings and Peppercorn Sauce 1,3,5,8,12

**ATLANTIC SALMON FILLET**

Rustic Mediterranean Salsa, Anchovies, Lemon Dressing 3,7,8,12,13,14

**SPICED CHICKPEA KATAIFI**

Warm Three Bean Salad, Red Pepper Coulis 1,3,5,14

**8OZ IRISH RUMP STEAK BURGER**

Limerick Smoked Cheddar, McCarren Bacon, Country Relish, Waterford Blaa, Rooster Chips 1,3,7,8,12,14

**WHILE ALL OF OUR MAIN COURSES COME FULLY GARNISHED YOU MAY LIKE TO CONSIDER SHARING A SIDE DISH**

Home CutChips 1,3 | Sautéed Mushrooms 3,8 | **3.50**  
Steamed Vegetables 8 | Mashed Potato 8,12  
Sautéed Onions 3,8 | Onion Rings 1,3, |  
No Added Gluten Rooster Chips 3  
Ballyagran Seasonal Salad 3,12,14

DESSERT

**WHIPPED TIPPERARY MASCARPONE**

Lime, Blackberry, Orange 7,8

**CHOCOLATE CAKE**

Candied Pecans, Raspberry Sorbet 7,8,9

**SELECTION OF THE STRAND HOMEMADE ICE CREAMS**

Florentine Shortbread Biscuit, Rich Dark Chocolate & Orange Sauce

*Your server will inform you of tonight's selection 1,7,8,9*

**STRAWBERRY TEXTURES**

White Chocolate Bavarois 1,7,8

**SELECTION OF IRISH CHEESE**

*\*E3 supplement on set menu* Cheese Biscuits, Homemade Chutney, Celery, Grapes 1,5,7,8,9,12

**SELECTION OF TEAS OR FRESHLY BREWED COFFEE FROM 2.90**

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.

