

DESSERTS

PASTRY CHEFS HOMEMADE SPECIAL OF THE DAY	6.00
BRAMBLEY APPLE CRUMBLE Irish Orchard Spirit Liqueur, Creme Anglaise 1,7,8,12	6.00
SEASONAL BERRY ROULADE White Chocolate Cream 8,7	6.00
STICKY TOFFEE PUDDING Toffee Sauce, Vanilla Ice Cream 1,7,8	6.00
FRESH FRUIT SALAD	6.00
CHEESECAKE OF THE DAY Please ask your server * 1,8,9,12	6.00
SELECTION OF THE STRAND HOMEMADE ICE CREAMS Your server will inform you of today's selection * 1,7,8,9,12	5.95
WARM DOUBLE CHOCOLATE CARAMEL BROWNIE Vanilla Ice Cream 1,7,8	5.00

SWEET TREATS

FRESHLY BAKED MUFFIN 1,7,8,9	2.00
SELECTION OF COOKIES 1,7,8,9	<i>each</i> 1.50
FRESHLY BAKED SCONE Fresh Cream, Butter and Homemade Jam 1,7,8	3.20
PETIT FOURS Macarons / Oreo Truffles / Dark Chocolate Malakoff	1.00
<i>*No added Gluten & Dairy Free options available on request</i>	
TEA OR COFFEE & DESSERT SELECTION	7.95
TEA OR COFFEE & SCONE	5.50
SELECTION OF TEAS & COFFEES ALSO AVAILABLE	



LUNCH 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

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

SANDWICHES

STRAND CLUB SANDWICH Irish Bacon, Free Range Egg, Lettuce, Tomato, Chicken & Chunky Chips 1,3,7,8,12,14	14.95
CHICKEN CAESAR WRAP 1,3,8,1,2 Chicken Fillet Caesar Salad, Croutons, Parmesan Shavings, Bacon Lardons & Award Winning Strand Pantry Caesar Dressing	8.50
LIMERICK CROQUE MONSIEUR Toasted Limerick Baked Ham & Cahills Mature Cheddar Cheese Sandwich, Béchamel Sauce, Chips 1,3,7,8,12	8.50
LIMERICK CROQUE MADAME Toasted Limerick Baked Ham, Cahills Mature Cheddar Cheese, Fried Free Range Egg, Béchamel Sauce, Chips 3,7,8,12,14	8.95
NO ADDED GLUTEN BLTC Grilled Irish Bacon, Fresh Tomatoes with Effin Smoked Cheddar & Chunky Chips 3,7,8,12,14	12.95
MAKE YOUR OWN SANDWICH served with Blanco Nino Irish Corn Tortilla Chips 3,5 <i>Choose Your Bread:</i> Open Sandwich Crusty White / Multi-Seed Brown/ Toasted Panini /Tortilla Wrap 1,8,7,10 <i>Choose Any Filling:</i> Limerick Baked Ham / Roast Beef / Chicken <i>With any 3 of the following:</i> Smoked Effin Cheddar Cheese 8 / Lettuce / Tomato / Onion / Cucumber / Peppers/ Croom Free Range Egg Mayonaise 7,8 <i>Additional Filling</i>	6.95 .50

BURGER CORNER

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

IRISH STEAKS

8OZ IRISH RIB EYE STEAK Chips, Seasonal Leaves, Pepper Sauce 1,3,5,8,12,14	22.95
GRILLED 8OZ DRY AGED ANGUS SIRLOIN 1,3,5,8,12 Sauté Mushroom & Onion, Pepper Sauce, Chunky Chips 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	26.95

MAIN COURSE

GRILLED SALMON FILLET Fillet of Atlantic Salmon Stir-Fried Seasonal Vegetables, Pickled Ginger & Wasabi 3,12,13,14.	14.95
WILD ATLANTIC WAY, FREE RANGE CHICKEN Smoked Cheddar Mashed Potato, Seasonal Vegetables & Red Wine Jus 3,5,8,12	17.95
GOLDEN CATCH OF THE DAY Battered Daily Catch, Home-Cut Chips, Mushy Peas & Tartar Sauce 1,3,7,8,12,13,14	16.95
BANGERS & COLCANNON Handmade Free Range Irish Pork Sausage by Caroline Rigney of Curraghchase, Onions & Gravy 1,3,5,8,12	14.95
MALAYSIAN STYLE CHICKEN CURRY 3 MALAYSIAN STYLE VEGAN CURRY 3 MALAYSIAN STYLE PRAWN CURRY 3,11 Poppadoms, Basmati Rice	16.95 13.95 17.95
SPAGHETTI BOLOGNAISE 1,3,5,7,8	13.95

SIDES

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

CHEFS DAILY SOUP AND SANDWICH OF THE DAY (please ask your server for more details)	8.95
MAIN COURSE & DESSERT OF YOUR CHOICE <i>*EXCLUDES STEAK</i>	17.95

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.