

BRUNCH MENU

Available daily from 10am to 12 noon - Brunch Items **

LUNCH MENU

Available daily from 12noon - 4pm

THE
TERRACE
BAR & RESTAURANT

LIGHT BITES

CHEF'S FRESHLY MADE SOUP OF THE DAY Freshly Baked Bread <i>Allergens on Request</i>	6.00
BBQ CHICKEN WINGS Cashel Blue Cheese Dressing 1,3,7,8,9,12,13,14	8.95
LEAHY'S FARM LIMERICK GOATS CHEESE Pickled Golden Beets, Rigneys Granola 1,2,8,9,12,14	9.95
**CHICKEN CAESAR SALAD 1,3,7,8,12,13,14 Strand Pantry Range Award Winning Caesar Dressing, Croutons & Lardons, Parmesan Shavings	9.95 SM 14.95 L
THE BURREN SMOKEHOUSE SMOKED SALMON SALAD Seasonal Salad, Elderflower & Rapeseed Vinaigrette, Soda Bread 1,3,8,12,13	9.95 SM 14.95 L

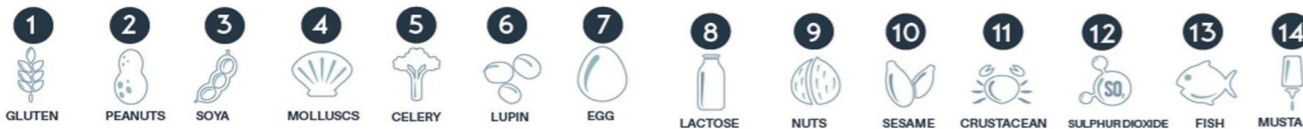
SANDWICHES

STRAND CLUB SANDWICH Irish Bacon, Free Range Egg, Lettuce, Tomato, Chicken & Chunky Chips 1,3,7,8,12,14	15.95
**CHICKEN CAESAR WRAP Chicken Fillet, Croutons, Parmesan Shavings, Bacon Lardons & Award Winning Strand Pantry Caesar Dressing & Chunky Chips 1,3,7,8,12,13,14	10.50
**THE BURREN SMOKEHOUSE SMOKED SALMON On Soda Bread, Red Onion, Capers, Gallagher's Red Cabbage Slaw 1,7,8,12,13	12.50
**CHICKEN SALAD Garlic Mayo in Crusty White Loaf Red Onion & Iceberg 1,7,8	8.50
**JIM O'BRIEN'S MATURE CHEDDAR Warmed on Sourdough Bread Our Own Baked Ham & Tomato & Red Pepper Relish 1,7,8	8.95

SIDES

CHIPS 1,3,12	3.75
SEASONAL LEAVES WITH BALSAMIC 3,12,14	3.75
MASHED POTATO 8,12	3.75
SAUTÉED ONIONS 3,8	3.75
ONION RINGS 1,3	3.75
NO ADDED GLUTEN BREAD	2.25
CAJUN SPICED CHIPS 1,3,5,12	4.25
SEASONAL VEGETABLES	3.75
CHIPS & DIPS, GARLIC MAYO, MARI-ROSE & BLUECHEESE	4.25

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.



(V) = Vegetarian

(V) = Plant Based (vegan)

(NG) = No Added Gluten

MAIN COURSE

GOLDEN CATCH OF THE DAY Battered Daily Catch, Chunky Chips, Mushy Peas & Tartar Sauce 1,3,7,8,12,13,14	17.95
CHEFS DAILY SOUP AND SANDWICH OF THE DAY (please ask your server for more details)	10.50
DISH OF THE DAY WITH TEA OR COFFEE	13.95
8OZ (227GR) IRISH RUMP STEAK BURGER Limerick Smoked Cheddar, Bacon, Country Relish, Waterford Blaa & Chunky Chips 1,3,7,8,10,12,14	17.95
THE PLANT BASED BURGER Spiced Chickpeas, Sweet Potato, Pickled Courgette & Cucumber Beetroot Bun & Chunky Chips 1,3,5,12,14	16.95

SWEET TREATS

**FRESHLY BAKED MUFFIN 1,7,8,9	2.25
**SELECTION OF COOKIES 1,7,8,9	<i>each</i> 1.75
**FRESHLY BAKED SCONE	3.50
**FRESH CREAM, BUTTER AND HOMEMADE JAM 1,7,8	
**MINI MACAROONS	1.25
<i>*No added Gluten & Dairy Free options available on request</i>	
TEA OR COFFEE & DESSERT SELECTION	8.50
**TEA OR COFFEE & SCONE	5.75
SELECTION OF TEAS & COFFEES ALSO AVAILABLE	

DESSERT

ATTYFLIN ESTATE APPLE TART Custard, Vanilla Ice Cream 1,7,8	6.50 <i>each</i>
CHOCOLATE MARQUISE Hazelnut Praline 1,7,8,9	
OREO CHEESECAKE Toffee Sauce 1,7,8,12	
ALMOND GATEAU Almond Dacquoise, Layered with Butter Cream 7,8,9 (NG)	
FRESH FRUIT SALAD	
SELECTION OF ICE CREAMS Your server will inform you of today's selection 1,7,8,9,12	

"YOU ARE IN SAFE HANDS AT THE STRAND"

To view our full COVID 19 guidelines. Please visit: strandimerick.ie



Falra Ireland