

DESSERTS

CARAMEL APPLE SPONGE CAKE 6.50 EACH

Toffee Sauce 1,7,8

WARM CHOCOLATE BROWNIE

Raspberry Sorbet 1,7,8,9

STICKY TOFFEE PUDDING

Toffee Sauce, Salted Caramel Ice Cream 1,7,8

FRESH FRUIT SALAD

MIXED FRUIT & WHITE CHOCOLATE DACQUOISE 1,7,8,9

SELECTION OF ICE CREAMS

Your server will inform you of today's selection 1,7,8,9,12



LUNCH MENU

SWEET TREATS

FRESHLY BAKED MUFFIN 1,7,8,9 2.25

SELECTION OF COOKIES 1,7,8,9 each 1.75

FRESHLY BAKED SCONE 3.50

Fresh Cream, Butter and Homemade Jam 1,7,8

MINI MACAROONS 1.25

*No added Gluten & Dairy Free options available on request

TEA OR COFFEE & DESSERT SELECTION 8.50

TEA OR COFFEE & SCONE 5.75

SELECTION OF TEAS & COFFEES ALSO AVAILABLE

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*

CS Fishmongers, Doonbeg - Seafood

Emer O'Flaherty - Organic Ballysalad

Burren Smokehouse - Smoked Salmon - *Great Taste Awards 2 Gold Stars 2014*

Gabriel Faherty- *Aran Islands Goats Cheese*

Ballyhoura Mountain Mushrooms- *Wild Mushrooms*

Caroline Rigney, Stonehall - *Free Range Pork Sausage*

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



STARTERS

CHEF'S FRESHLY MADE SOUP

Our Own Freshly Baked Sourdough

THE STRAND SEAFOOD CHOWDER

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

BBQ CHICKEN WINGS

Blue Cheese Dressing 1,3,7,8,9,12,13,14

CHICKEN CAESAR SALAD

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

THE BURREN SMOKEHOUSE SMOKED SALMON SALAD

Seasonal Salad, Elderflower &
Rapeseed Vinaigrette, Soda Bread 1,3,8,12,13

SPICY HOMEMADE CHICKEN GOUJONS

Choice of Garlic Mayonnaise, Mari Rose & Bluecheese Dip
1,2,3,5,7,8,9,13,14

SANDWICHES

STRAND CLUB SANDWICH

Irish Bacon, Free Range Egg, Lettuce,
Tomato, Chicken & Chunky Chips 1,3,7,8,12,14

NO ADDED GLUTEN BLTC

Grilled Irish Bacon, Lettuce, Fresh Tomatoes with Effin
Smoked Cheddar & Seasonal Salad 3,8,14

CHICKEN CAESAR WRAP 1,3,7,8,12,13,14

Chicken Fillet, Croutons, Parmesan Shavings, Bacon Lardons &
Award Winning Strand Pantry Caesar Dressing & Chunky Chips

LIMERICK CROQUE MONSIEUR

Toasted Limerick Baked Ham & Gruyere Cheese
Sandwich, Béchamel Sauce, Chips 1,3,7,8,12

LIMERICK CROQUE MADAME

Toasted Limerick Baked Ham, Gruyere Cheese,
Fried Free Range Egg, Béchamel Sauce, Chips 1, 3,7,8,12,14

MAKE YOUR OWN SANDWICH

served with Blanco Nino Irish Corn Tortilla Chips 3,5

Choose Your Bread:

Open Sandwich Crusty White / Multi-Seed Brown/

Toasted Panini /Tortilla Wrap 1,8,7,10

Choose Any 3 Fillings:

Limerick Baked Ham / Roast Beef / Chicken

Smoked Effin Cheddar Cheese 8 / Lettuce / Tomato / Onion /

Cucumber / Peppers/ Croom Free Range Egg Mayonnaise 7,8

Additional Filling

ADD CHIPS TO A SANDWICH

BURGER CORNER

8OZ IRISH RUMP STEAK BURGER

Limerick Smoked Cheddar, Bacon, Country Relish,
Waterford Blaa. 1,3,7,8,12,14

CASHEL BLUE CHEESE BURGER 8OZ IRISH RUMP STEAK BURGER

Cashel Blue Cheese, Celeriac Slaw 1,3,5,7,8,14

SOUTHERN FRIED CHICKEN BURGER

Waterford Blaa, Mayonnaise, Lettuce, Tomato, Mari Rose & Chunky
Chips 1,2,3,5,7,8,9,13,14

THE VEGETABLE BURGER

Spiced Chickpeas, Sweet Potato, Dressed Red Cabbage 1,3,5,14

MAIN COURSE

THE STRAND THAI RED CHICKEN CURRY

Basmati Rice, Seasonal Vegetables 11

GOLDEN CATCH OF THE DAY

Battered Daily Catch, Home-Cut Chips, Mushy Peas
& Tartar Sauce 1,3,7,8,12,13,14

BANGERS & MASH

Handmade Free Range Irish Pork Sausage
by Caroline Rigney of Curraghchase, Onions & Gravy 1,3,5,8,12

GRILLED 6OZ IRISH DEXTER STEAK SANDWICH

Ciabatta, Rocket, Garlic Butter, Cucumber Relish & Chunky Chips 1,8,14

SIDES

CHIPS 1,3,12

SEASONAL LEAVES WITH BALSAMIC 3,12,14

MASHED POTATO 8,12

SAUTÉED ONIONS 3,8

ONION RINGS 1,3

NO ADDED GLUTEN BREAD

CAJUN SPICED CHIPS 1,3,5,12

SEASONAL VEGETABLES

CHIPS & DIPS, Garlic Mayo, Marirose & Bluecheese Dip,

SPECIALS

CHEFS DAILY SOUP AND SANDWICH OF THE DAY

(please ask your server for more details)

DISH OF THE DAY with Tea or Coffee

FISH OF THE DAY with Tea or Coffee

MAIN COURSE & DESSERT *

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.

