



At the estuary of the powerful River Shannon where the Wild Atlantic waters meet the rushing river, discover Limerick, a Wild Atlantic Way Gateway City.

Explore waves of history shaped by our unique Atlantic connection with the energy and excitement of our city streets. We take pride in our City & all the Wild Atlantic Way has to offer by sourcing fresh & local ingredients wherever possible in our menus. Try our Wild Atlantic Way Dishes, noted with the WAW logo, to get a true Taste of the Way!

TO BEGIN

Ón Bhfeirm

From The Farm

**STRAND CHICKEN WINGS**  
choice of hot sauce or BBQ sauce served with blue cheese dip  
small €11.00 large €16.60  
*8,12,14*

**STRAND SMOKED CHICKEN CAESAR SALAD**  
baby gem, bacon, garlic croutons, parmesan shavings & strand caesar dressing  
small €11.50 large €17.50  
*1, 7, 8, 12, 13, 14*

Ón Bhfarraige

From The Sea

**ATLANTIC SEAFOOD CHOWDER**  
Cathals of Doonbeg fish medley served with fresh bread  
€10.50  
*1, 4, 5, 7, 8, 11, 12, 13*

**CHILLED SALMON 3 WAYS**  
Burren smoked salmon, house poached salmon, salmon mousse en croute, pickled beetroot, beetroot gel  
€12.00  
*1,8,12,13,14*

Ón Talamh

From The Ground

**HOMEMADE SOUP OF THE DAY**  
Served with fresh bread  
€8.50  
*1, 5, 7, 8, 12*

**WARM SPINACH TOMATO & GOATS CHEESE QUICHE**  
urban farmers salad, basil pesto  
€ 12.50  
*1,7,8,14*

THE MAIN EVENT

Ón Bhfeirm

From The Farm

**100% IRISH SOURCED 8oz HEREFORD STEAK**  
roast tomato, grilled mushroom, home cut chips, onion rings. Choice of sauce: pepper, garlic butter, bearnaise  
€36.00  
*1, 5, 7 8, 12*  
dinner inclusive: €10.00 supplement applies

**RIGNEY'S FARM FREE RANGE PORK BANGERS & MASH**  
Rigney's farm free range pork sausages, mustard infused mashed potato, Herbertstown mushrooms, green peas & spinach  
€23.00  
*1, 5, 8, 12,14*

Ón Bhfarraige

From The Sea

**GRILLED FILLET OF SALMON**  
roasted garlic & herb mashed potato, green vegetables, bearnaise sauce  
€27.50  
*7, 8, 12, 13*

**CATHALS OF DOONBEG WILD IRISH HAKE AND CHIPS**  
★ *The Strand's Favorite*  
golden fried fresh hake, Urban Farmers seasonal salad, fries & homemade tartar sauce  
€22.50  
*1, 7, 8, 12, 13, 14*

**CHARGRILLED SUPREME OF CHICKEN**  
spinach, chorizo & tomato gnocchi cream sauce  
€26.00  
*1, 5, 7, 8, 12*

**SEAMUS BUTLER'S 100% IRISH BEEF BURGER**  
brioche bun, garlic mayonaise, tomato relish, smoked effin cheese, gem lettuce, onion rings & fries  
€22.50  
add organic Croom fried egg €2.00 7,Add grilled bacon €2.50  
*1, 8, 12*

Ón Talamh

From The Ground

**MILD COCONUT CURRY**  
roasted vegetables & steamed rice roasted vegetables & tofu €19.00 3  
chicken €21.50  
Cathal's Doonbeg tiger prawns €22.50 11

SOMETHING EXTRA

€5.00 each

**FRIES**  
*1, 3, 12*  
**MASHED POTATO**  
*8*  
**SAUTÉED ONIONS**  
*8*  
**SEASONAL VEGETABLES**  
*8*

**ONION RINGS**  
*1*  
**CAJUN SPICED FRIES**  
*1, 3, 5, 12*  
**NO ADDED GLUTEN BREAD**  
*7*  
**SEASONAL LEAVES**  
with house dressing  
*12, 14*

