



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



1 Gluten 2 Peanuts 3 Soya 4 Molluscs 5 Celery 6 Lupin 7 Egg 8 Lactose 9 Nuts 10 Sesame 11 Crustaceans 12 Sulphites 13 Fish 14 Mustard

We handle multiple food allergen ingredients in our kitchen and while we make every effort to prevent cross contamination during prep and service we cannot guarantee the complete absence of allergens. If you suffer from severe food allergies, please let your server know and we can discuss further requirements.

Please note that the prices displayed are based on the current government vat rates