

THE

MUNSTER


MILE

Munster Province, in the southwest of Ireland, is known for its rich agricultural traditions and diverse range of local produce. Munster's local produce reflects a deep connection to the land and sea, emphasizing sustainability and freshness. We take pride in our City & all the Neighboring counties by sourcing fresh & local ingredients wherever possible in our menus.

Try our Munster Mile Dishes, noted with the , all Dishes made with 100% Munster only produce!

TO BEGIN

HOMEMADE SOUP OF THE DAY


 Served with Fresh Homemade Bread  
€9.50  
*1, 5, 7, 8, 12*

STRAND GRILLED CHICKEN CAESAR SALAD

Baby Gem, Bacon, Garlic Croutons, Parmesan Shavings & Strand Caesar Dressing

Small €13.50 Large €18.50  
*1, 7, 8, 12, 13, 14*


TRIO OF SEAFOOD

 Lime & Mustard Coated Cured Salmon, Smoked Salmon, Smoked Mackerel Pate , Sourdough Crouton & Seasonal Leaves  
€14.50  
*1, 7, 8, 9, 14*

STRAND CHICKEN WINGS


Marinated Chicken Wings,Choice of Hot Sauce or BBQ Sauce Served with Cashel Blue Cheese Dip, Celery Stick & Urban Farmer Leaves  
Small €12.00 Large €17.00  
*3, 8, 12, 14*

FRIED TIPPERARY BRIE

 Homemade Piccalilli, Beetroot Reduction & Urban Farmer Leaves  
€12.50  
*1, 7, 8, 14*


HERBERTSTOWN TREE OYSTER

MUSHROOM BRUSCHETTA


 Urban Farmers Leaves & Wild Garlic Pesto  
€12.50  
*1, 14*

HAZELNUT COATED BLUEBELL FALLS

GOATS CHEESE BONBON

 Urban Farmer Leaves & Beetroot Reduction  
€12.50  
*1, 7, 8, 9, 14*


100% IRISH SOURCED  
8oz HEREFORD STEAK

 Slow Roasted Fondant Potato, Parsnip Puree, Onion Rings, Grilled Mushroom served with Garlic Butter or Pepper Sauce  
€38.50  
*1, 5, 7 8, 12*  
Dinner Inclusive Package : €10.00 Supplement Applies


CHORIZO & BRIOCHE CRUSTED SEABASS

Spiced Baby Potato, Roasted Mediterranean Vegetables & White Wine Sauce  
€27.00  
*1, 5, 6, 8, 12, 13*


CHARGRILLED SUPREME OF CHICKEN

 Roasted Seasonal Vegetables, Gratin Potato & Red Wine Jus  
€26.00  
*5, 8, 12*


CAROLINE RIGNEY'S FARM RARE  
BREED PORK BANGERS & MASH

★ *The Strand's Favourite*  
 Rigney's Rare Breed Pork Sausage's, Wholegrain Mustard Mashed Potato served with Wild Mushroom Sauce  
€26.00  
*1, 3, 5, 8, 12, 14*


TREATY CITY BEER BATTERED WILD  
IRISH HAKE AND CHIPS

 Golden Fried Wild Hake, Urban Farmers Salad Leaves, Tartar Sauce, Served with Fries  
€25.00  
*1, 7, 8, 13, 14*


MUNSTER DOUBLE BURGER

 Seamus Butler 100% Irish Beef Burger, Toasted Waterford Blaa, Lettuce, Caramelized Onion, Smoked Effin Cheese with Ballymaloe Relish & Fries  
€23.00  
*1, 7, 8, 12*

SURF AND TURF

 Slow Roasted Tipperary Pork Belly, Tiger Prawns, Sweet Potato Puree & Attyflyn Apple Jus  
€29.50  
*8, 12*

THAI COCONUT CURRY

Served with Roasted Vegetable & Steamed Rice  
Choose From:  
Chicken €25.50  
Prawn €28.50 <sup>11</sup>  
Tofu €24.00 <sup>3</sup>  VEGAN

BRAISED BUTTER BEANS & MISO

Roasted Courgette & Chimichurri Sauce  
€24.50  
*12*

SPECIAL OF THE EVENING

Served from 6pm  
Please ask you server for details  
€29.00

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 or 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