

# LUNCH MENU

## starters

### HOMEMADE SOUP OF THE DAY

Served with fresh bread  
€8.50  
1, 5, 7, 8, 12

### STRAND CHICKEN WINGS

Marinated Chicken Wings, Blue Cheese Sauce, Celery Stick,  
Choice of Hot Sauce or BBQ Sauce  
Small €11.00 Large €16.60  
1, 3, 5, 7, 8, 12, 14

### STRAND GRILLED CHICKEN

#### CAESAR SALAD

Baby Gem, Streaky Bacon, Garlic Croutons, Parmesan Shavings  
& Strand Caesar Dressing  
Small €12.00 Large €15.50  
1, 7, 8, 12, 13, 14

### HERBERTSTOWN TREE OYSTER



#### MUSHROOM BRUSCHETTA

Urban Farmers Leaves & Wild Garlic Pesto  
€9.50  
1, 14

### IRISH GOATS CHEESE SALAD

Kevin Wallace Local Organic Leaves, Roasted Mediterranean  
Vegetables, Hazelnut & Bluebell Falls Goats Cheese  
Small €12.50 Large €17.50  
1, 3, 8, 12, 14

## sandwiches

ALL SANDWICHES €14.50,  
SERVED WITH SALAD & FRIES

### STRAND GRILLED CHICKEN CAESAR SALAD WRAP

Baby Gem, Streaky Bacon, Garlic Croutons, Parmesan  
Shavings & Strand Caesar Dressing  
1, 7, 8, 12, 13, 14

### ROUNDSTONE SOURDOUGH TOASTED SPECIAL

Limerick Ham, Smoked Effin Cheddar, Onion & Tomato  
1, 7, 8, 12, 14

### ADD SOUP TO ANY SANDWICH €4.50

### SANDWICH OF THE DAY & HOMEMADE SOUP OF THE DAY

Ask your Server for Details  
€16.00



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.

## mains

### DISH OF THE DAY

Served from 12pm  
Ask your server for details  
€17.95  
allergens are available on request

### MUNSTER DOUBLE BURGER

Seamus Butler 100% Irish Beef Burger, Toasted  
Waterford Blaa, Lettuce, Caramelized Onion, Smoked  
Effin Cheese with Ballymaloe Relish & Fries  
€22.50  
1, 7, 8, 12

### TREATY CITY BEER BATTERED WILD IRISH HAKE AND CHIPS

Golden Fried Wild Hake, Urban Farmers Salad  
Leaves, Tartar Sauce, Served with Fries  
€22.50  
1, 7, 8, 13, 14

### THAI COCONUT CURRY



Served with Roasted Vegetable & Steamed  
Rice  
Choose From:  
Chicken €25.50  
Prawn €28.50  
Tofu €24.00  
1, 7, 8, 12, 13, 14

### CAROLINE RIGNEY’S FARM RARE BREED PORK BANGERS & MASH

Rigney’s Rare Breed Pork Sausage’s, Wholegrain  
Mustard Mashed Potato served with Wild Mushroom  
Sauce  
€26.00  
1, 3, 5, 8, 12, 14

## sides

€5.00 each

### FRIES

1, 3, 12

### ONION RINGS

1

### SAUTÉED ONIONS

8

### SEASONAL LEAVES

with honey & mustard dressing  
12, 14

### SEASONAL VEGETABLES

8

### CAJUN SPICED FRIES

1, 3, 5, 12

### NO ADDED GLUTEN BREAD

# desserts

CHOCOLATE SOUFFLE

Luxurious Vanilla Ice Cream

1, 7, 8, 9

€11.50

STRANDS ETON MESS

Ice Cream, Crushed Meringue, Chocolate Brownie,  
Toasted Hazelnut, Fresh Cream & Fruit Coulis

1, 7, 8, 9

€11.50

WARM STICKEY TOFFEE PUDDING

Toffee Sauce & Vanilla Ice Cream

7, 8

€11.50

PISTACHIO DOME

Fresh Fruit & Cream

1, 7, 8, 9

€11.50

SELECTION OF ICE CREAM

Luxurious Vanilla, Deep Strawberry, Decadent  
Chocolate Served in a Wafer Basket topped with

Fresh Fruit

1, 7, 8, 9

€10.00

SELECTION OF IRISH CHEESE

Tipperary Brie, Cashel Blue, Effin Smoked  
Cheddar with Sheriden’s Cheese Crackers,  
Homemade Apple Chutney & Fresh Fruit

1,7,8,12

€12.50

## COFFEE

AMERICANO	€4.60
DECAF COFFEE	€4.60
ESPRESSO	€4.40
DOUBLE ESPRESSO	€4.60
MOCHA	€4.70
MACCHIATO	€4.00
CAPPUCCINO	€4.70
FLAT WHITE	€4.50
LATTE	€4.70
TEA	€4.10
HERBAL TEA	€4.60
ADD SYRUP	€0.30

## SOMETHING STRONGER

HOT WHISKEY	€7.50
HOT BRANDY	€7.00
HOT PORT	€7.00
IRISH COFFEE	€8.50
FRENCH COFFEE	€8.50
BAILEYS COFFEE	€8.50
KAHLÚA COFFEE	€8.50
KENTUCKY COFFEE	€8.50



# LUNCH MENU



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 to discuss further requirements.