

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 **M** logo, all Dishes made with 100% Munster only produce!

TO BEGIN

MSTRAND 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

HOMEMADE BOMBAY SPICED POTATO & VEGETABLES SPRING ROLLS

Served with Spiced Mint Sauce
€14.50

1, 3, 7, 8, 12

MHERBERTSTOWN MUSHROOMS, LEEK & EFFIN SMOKED CHEESE QUICHE

Served with Local Leaves & Basil Pesto
€14.50

1, 5, 7, 8, 12

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

1, 5, 7, 8, 12

MUSSELS MARINERÉ

Doonbeg Mussels Cooked in White Wine Cream & Parsley Served with Homemade Guinness Bread

€14.50

1, 4, 7, 8, 12

MCATHALS OF DOONBEG MARINATED COLD PRAWN SALAD

Orange Segments, Avocado, Urban Farmers Local Mixed Leaves with Chili & Lime House Dressing
€14.50

11

MGOLDEN FRIED BLUEBELL FALLS GOATS CHEESE & SPRING ONION BONBON

Tomato & Basil Sauce with Sourdough

Croute

€12.50

1, 8, 12

CLASSIC BRUSCHETTA

Tomato Concasse Served on Sourdough Crouton with Basil Pesto & Urban Farmers

Leaves

€12.50

1

THE MAIN EVENT

MUNSTER DOUBLE BURGER

Seamus Butler 100% Irish Beef Burger, Toasted Waterford Blaa, Lettuce, Caramlized Onion, Smoked Effin Cheese with Ballymoloe Relish & Fries

€24.50

1, 8, 12

MSTRAND CHICKEN SUPREME

Chicken Supreme Wrapped in Parma Ham Served with Marquise Potato filled with Black Pudding, Seasonal Vegetables & Red Wine Jus

€27.50

1, 5, 7, 8, 12

M100% IRISH 8oz STEAK

Served with Homecut Chips, Parsnip Puree, Onion Rings, Grilled Mushrooms, Provencal Tomato Choice of Pepper Sauce or Garlic Butter
(Additional Sauce €1.00 Extra)

€39.50

1, 5, 7, 8, 12

M RIGNEY'S FARM RARE BREED PORK BANGERS & WHOLEGRAIN MUSTARD MASHED POTATO

Served with Sauteed Green Vegetables & Wild Mushroom Sauce

€26.00

1, 5, 8, 12, 14

BANG BANG CHICKEN

Sweet & Sticky Sauce, Served with Steamed Rice & Wok Fried Vegetables

€24.50

1, 3, 9, 10, 12

MARINATED TOFU RICE NOODLE STIR FRY

Served with Pok Choi, Peppers, Corn, Onions with Soy, Sesame & Chili Dressing

€23.50

1, 3, 5, 10, 12

M TREATY CITY BEER BATTERED WILD IRISH HAKE & CHIPS

Golden Fried Wild Irish Hake Served with Fries, Urban Farmers Salad Leaves & Tartar

Sauce

€25.00

1, 7, 8, 12, 13, 14

PANFRIED CHORIZO & BRIOCHE CRUSTED SEABASS

Served with Spiced Roasted Baby Potato, Grilled Mediterranean Vegetables & White

Wine Cream

€27.00

1, 7, 8, 12, 13, 14

PENNE AL FILETTO

Penne Pasta with Succulent Strips of Beef, Tossed in a Mushroom & Garlic Cream
Served with Garlic Bread and Rocket & Parmesan Salad

€25.00

1, 8, 12

MARINATED PIRI PIRI CHICKEN BURGER

Baby Gem Lettuce, Tomato, Onion, Piri Piri Mayo on Toasted Waterford Blaa & Fries

€24.50

1, 7, 12

MSLOW BRAISED TIPPERARY PORK BELLY

Smoked Carrot Puree, Champ Potato & Attyflin Apple Jus

€26.50

5, 8, 12

SPECIAL OF THE EVENING

Served from 6pm - Ask your Server for Details

€30.00

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

TASTES OF SUMMER SPECIAL

€28.00

Main Course & Cocktail

Choice of Cocktails

Passionfruit Martini

Whiskey Sour

Main Course Included in the Summer Special are noted with the **M** Logo

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.