

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

STRAND CHICKEN WINGS

Marinated Chicken Wings - Choice of Hot  
Sauce or BBQ Sauce Served with Cashed  
Blue Cheese Dip, Celery Stick & Urban  
Farmer Leaves

Small €12.00 Large €17.00

1, 5, 7, 8, 12

CATHALS OF DOONBEG MARINATED  
COLD PRAWN SALAD

Orange Segments, Avocado, Urban  
Farmers Local Mixed Leaves with Chilli &  
Lime House Dressing

€14.50

11

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

MGOLDEN FRIED BLUEBELL FALLS  
GOATS CHEESE & SPRING ONION  
BONBON

Tomato & Basil Sauce with Sourdough

Croute

€12.50

1, 8, 12

MHOMEMADE SOUP OF THE DAY

Served with Fresh Homemade Bread

€9.50

1, 5, 7, 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, Caramelised  
Onion, Smoked Effin Cheese with Ballymaloe Relish & Fries

€24.50

1, 8, 12

MSTRAND CHICKEN SUPREME

Chicken Supreme 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,  
Provençal Tomato Choice of Pepper Sauce or Garlic Butter

€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 & Chilli 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

€26.00

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

€23.50

1, 12

M SLOW 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 of allergens. If you suffer from severe food allergies, please let your server know and we can discuss further requirements.