

LUNCH MENU

starters

HOMEMADE SOUP OF THE DAY

Served with fresh bread

€9.50
1, 5, 7, 8, 12

STRAND GRILLED CHICKEN

CAESAR SALAD

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

Small €12.00 Large €15.50
1, 7, 8, 13

BLUEBELL FALLS IRISH GOATS CHEESE SALAD

Kevin Wallace Local Organic Leaves, Roasted Mediterranean Vegetables, Hazelnut & Bluebell Falls Goats Cheese

Small €12.50 Large €17.50
9, 12, 14

CATHALS OF DOONBEG MARINATED

COLD PRAWN SALAD

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

€13.50
11

CLASSIC BRUSCHETTA

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

€12.50
1

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 €16.60
1, 5, 7, 8, 12

sandwiches

SERVED WITH SALAD & FRIES

OPEN ATLANTIC SMOKED SALMON SANDWICH

On Homemade Guinness Bread and Served with a Lemon Wedge

€16.50
1, 7, 8, 13, 14

CHICKEN TIKKA WRAP

Marinated Chicken with Grilled Peppers, Courgettes, and Onions. Wrapped in a Tortilla with Homemade Tikka Mayonnaise

€15.00
1, 7, 8, 14

STRAND GRILLED CHICKEN CAESAR SALAD WRAP

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

€14.50
1, 7, 8, 12, 13, 14

NOVAK BAKERY SOURDOUGH TOASTED SPECIAL

Limerick Ham, Smoked Effin Cheddar, Onion & Tomato

€14.50
1, 8, 12, 14

SANDWICH OF THE DAY & HOMEMADE SOUP OF THE DAY

Ask your Server for Details

€16.00

ADD SOUP TO ANY SANDWICH €4.50

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

Vegan-



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

€22.00

allergens are available on request

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

€24.00

1, 3, 5, 8, 12, 14

MUNSTER DOUBLE BURGER

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

€23.50

1, 8, 12

TREATY CITY BEER BATTERED WILD IRISH HAKE AND CHIPS

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

€23.50

1, 8, 13, 14

MARINATED PIRI PIRI CHICKEN BURGER

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

€22.50

1, 12

MARINATED TOFU RICE NOODLE STIR FRY

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

€22.00

1, 3, 5, 10, 12

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

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.

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

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

All coffees are made with
Bewley’s Fairtrade beans



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 of allergens. If you suffer from severe food allergies, please let your server know to discuss further requirements.