

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 Cashel Blue Cheese Dip, Celery Stick & Urban Farmer Leaves
€12.00
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 **VEGAN**
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

AUTUMN FLAVOURS SPECIAL
€28.00

Main Course & a Glass of House Wine

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