

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

STRAND GRILLED CHICKEN

CAESAR SALAD

Crisp Bacon, Parmesan Shaving Croutons
& Homemade Ceaser Dressing
Small €13.50 Large €18.50

1, 7, 8, 12, 13, 14

M GOATS CHEESE BRUSCHETTA

Red Onion, Fig Jam, Kevin Wallace Leaves
& Balsamic Reduction

€12.00

1, 8

M SLOW BRAISED TIPPERARY

PORK BELLY

With Cider Reduction & House Chutney

€12.50

8

M HOMEMADE SOUP OF THE DAY

Served with Fresh Homemade Bread

€9.50

1, 5, 7, 8, 12

STRAND CHICKEN WINGS

6 Marinated Chicken Wings with Choice of Hot
Sauce or BBQ Sauce, Cashel Blue Cheese Dip,
Celery & Urban Farmer Leaves

€12.00

1, 5, 7, 8, 12

SMOKED & FRESH

SALMON ROULADE

With Cucumber, Capers, Munster
Microgreen & Saffron Mayonnaise

€12.95

7, 8, 13, 14

ROASTED VEGETABLE & HERB ARANCINI

Served with Garlic Mayonnaise
& Kevin Wallace Leaves

€12.50

1, 7, 8

THE MAIN EVENT

MSEAMUS BUTLERS DOUBLE BEEF BURGER

Served on a Brioche Bun with Tomato Relish, Smoked Effin
Cheese, Sautéed Onions, Kevin Wallace Lettuce & Chips

€24.50

1, 8, 12

BANG BANG CHICKEN

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

€25.50

1, 3, 9, 10, 12

M 100% IRISH 8oz SIRLOIN STEAK

Served With Home Cut Chips, Baked Mushroom, Pepper Sauce & Onion Rings

€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

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

MDOONBEG FRESH HAKE & CHIPS

Served with Kevin Wallace Leaves, Tartar Sauce & Chips

€26.00

1, 7, 8, 13

MSTRAND CHICKEN SUPREME

Chicken Supreme Served with Potato, and Black Pudding Tian, Seasonal Vegetables &
Red Wine Jus

€27.50

1, 5, 7, 8, 12

GRILLED ATLANTIC SALMON

Roasted Herb & Tomato Crust, Roasted Vegetables,
Baby Potatoes & Hollandaise Sauce

€27.50

1, 7, 8, 13

M JACOB LADDERS SLOW BRAISED BEEF RIB

Onion Puree, Smoked Cheesy Mash & Served with Cooking Juices

€37.50

5, 8, 12

SPECIAL OF THE EVENING

Served from 6pm - Ask your Server for Details

€32.00

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

SPRING

SPECIAL

€28.00

Main Course & a Glass of House Wine

Main Course Included in the Spring Special
are noted with the  Icon

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.