



BAR & BISTRO

P. FRANCIS & SON

Starters

Homemade Soup of the Day **GF *Vegan**

€7.25



With homemade brown bread or gluten free bread

***Make mine vegan**

Galway Bay Seafood Chowder **GF**

Small €8.95 / Large €10.95



Selection of local mussels, seafood & vegetables in a creamy sauce topped with samphire, served with homemade brown bread or gluten free bread

Crispy Chicken Wings ***GF**



Regular wings €11.25 / Large wings €18.75

Crispy chicken wings with blue cheese dip

Choose one sauce:

Homemade hot buffalo sauce, bourbon BBQ or piri piri sauce

Additional sauces €1.75 each

Mozzarella & Cherry Tomato Salad ***GF**

Small 11.25 / Large €15.25



With roasted pine nuts, sunflower seeds, toasted pecan nuts, radish, grilled peach, overnight roasted cherry tomato, tossed in a basil dressing & served with homemade brown bread *

Cajun Chicken & Chorizo Caesar Salad ***GF**

Starter €11.25 / Main €15.25



Warm chicken breast with chorizo, cos lettuce, crispy bacon, our house Caesar dressing & parmesan shavings. Served with homemade brown bread *

Goats Cheese and Sundried

Tomato Bon Bon **GF**



€11.25

Served with a beetroot carpaccio, beetroot puree & honey glazed figs with a rocket, walnut & pesto salad

Galway Bay Mussels ***GF**



Small €10.00 / Large €16.00

Cooked in white wine & garlic, finished with chopped scallions & served with homemade brown bread *

Beef & Black Bean Nachos **GF *V *VEGAN**

Small €10.50 / Large €15.25



Crunchy corn nachos topped with tomato based minced beef ragout. Drizzled with jalapeño cheese sauce & spring onion, & served with sour cream and guacamole on the side

***Make mine vegan with melted vegan cheese, tomato & basil ragout, guacamole and vegan pesto mayo dip**

Bigger Bites

Cajun Chicken Ciabatta ***GF**

€16.00



Green bell pepper, jalapeño, mozzarella & sweetcorn on a ciabatta, with smoked mayo & served with chunky fries, salad garnish & Piri Piri mayo on the side

Pulled Pork Bap ***GF**

€16.00



BBQ pulled pork, red slaw, smoked cheddar, tomato, & cos lettuce on a BLaa bap, served with chunky fries, salad garnish & spiced apple relish

BLT Bloomer ***GF**

€16.00



Bloomer bread with crispy bacon, tomato, cos lettuce & mayo filling. Served with chunky chips, salad garnish & a side of garlic mayo

Vegan BLT Bloomer ***GF V VEGAN**

€16.00



Bloomer bread with vegan bacon, rocket, sundried tomato, vegan cheese & vegan guacamole filling. Served with vegan pesto mayo dip, sweet potato fries & salad garnish



Steaks



8oz Rump Steak GF €31
10 oz Sirloin Steak GF €37

With homemade onion rings, portobello mushrooms, sauté onions, & a creamy pepper sauce (or garlic butter). Served with chips & salad, or mashed potato & fresh veg of the day

Mains

Roast of the Day

€19.50

Served with creamed mash potato & vegetables of the day or side salad and chips. **Ask your server for allergens**

Mini Roast Available for €14.00

Catch of the Day

€25.00

Served with creamed mash potato & vegetables of the day or side salad and chips. **Ask your server for allergens**

Not Available in half-portion

Beef Burger *GF

€23.00



Double cheddar cheese, red onion marmalade, crispy streaky bacon, rocket leaves, smoked mayo & finished with an onion ring. Served with skinny fries, and a bourbon mayo dip

6 Hour Slow Cooked Feather Blade of Beef GF

€26.00



Served with a wild mushroom & brisket arancini, butternut squash puree, butter roasted baby carrots, crispy kale, and a rich red wine jus

Pan Seared Chicken Supreme GF

€25.00



Served on a bed of braised red cabbage, celeriac puree, baby corn & creamy pepper sauce

Buttermilk Chicken Burger *GF

€22.50



Buttermilk marinated chicken breast in a spicy gluten free crumb, with jalapeno cheese sauce, tomato, crispy onion, gherkins & cos lettuce.

Served with skinny fries & piri piri mayo dip

Battered Fillet of Cod GF

€24.00



Cod fillet in a gluten-free lemon and turmeric batter, with mint pea & salad garnish.

Served with chunky fries & tartar sauce

Baked Fillet of Salmon GF

€26.00



Served with pea puree, crushed dill baby potatoes, asparagus spears, cherry tomato on the vine & creamy white wine sauce

Buttermilk Chicken Strips GF

€22.00



Buttermilk marinated chicken breast strips cooked in a lightly spiced crumb. Served with red slaw, skinny fries, & a warm cheese & jalapeno dip

Cajun Chicken Pasta *GF

€19.25



Cajun chicken, sundried tomato, red pepper, mushroom & broccoli with tagliatelle pasta bound in a pesto cream sauce. Topped with parmesan cheese and served with garlic bread

***Make mine vegetarian**

The Squash Burger *GF V *Vegan

€18.50



Butternut squash, black bean, quinoa & walnut burger, with gherkins, red onion marmalade, cos lettuce and vegan pesto mayo. Served with a salad garnish, sweet potato fries & guacamole dip

***Make mine vegan with vegan bun**

Sweet Potato & Red Pepper Curry GF V Vegan

€18.50



Medium spiced curry with chickpea, sweet potato, roasted red peppers, spinach & toasted cashew nuts. Served with long grain rice & a poppadum

***Add cajun chicken for €2.00**



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Pizzas

Margherita *GF V

€15.95  

Tomato sauce & mozzarella cheese

Vegan Pizza *GF Vegan

€17.00 

Tomato sauce, vegan mozzarella, sliced black olive, sun-dried tomato, mixed peppers, mushrooms, rocket & a vegan pesto drizzle

Veggie Delight V *GF

€17.00  

Cherry tomato, mixed peppers, sweetcorn, red onion, black olives & mushroom

Double Pepperoni *GF

€17.50  

Tomato sauce, mozzarella cheese & plenty of pepperoni

Cajun Chicken *GF

€17.50  

Cajun chicken, mozzarella pearls, green pepper, sweetcorn, jalapenos & BBQ drizzle

Goat's Cheese *GF

€18.00   

Goats cheese, red onion marmalade, sundried tomato, rocket, & pesto sauce

Meat Supreme *GF

€18.50  

Pepperoni, chorizo, bacon, chicken & sausage

Loaded Fries

Chunky chips with bacon bits, parmesan cheese & garlic mayo *GF

€10.50   

Chunky chips with beef & black bean mince ragout, sour cream, scallions & jalapeno cheese sauce *GF

€10.50   

Chunky chips with chicken breast pieces & mild curry sauce *GF

€10.50  

Chunky chips with BBQ pulled pork, grated cheddar & red slaw *GF

€10.50    

All served with sour cream dip

Sides

Vegetables Of The Day *GF  €4.95

Creamy Mashed Potato *GF  €4.95

Side Salad *GF   €4.95

Onion Rings *GF €4.95

Skinny Fries *GF €4.95

Chunky House Chips *GF €4.95

Sweet Potato Fries *GF €4.95

Garlic Bread   €5.75

**Vegan versions of all above side dishes available (except for Onion rings & Garlic Bread) *Vegan Potatoes are boiled*

Sauces & Dips

€1.75 Dips

BBQ, Garlic Mayo, Sweet Chili, Pesto Mayo

€2.25 Dips

Burbon BBQ, Jalapeno Cheese, Buffalo, Peppercorn

Desserts

Build Your Own Cheesecake **GF**

€9.50



New York style baked vanilla cheesecake with a choice of the following:

Pick one sauce:

Milk chocolate sauce, white chocolate sauce, Kinder Beuno sauce

Pick two toppings:

Crushed Maltesers, white chocolate buttons, Oreo crumb, Biscoff crumb, coconut biscuit

Muffin Of The Day

€7.75



Ask your server for today's flavour – served with French vanilla ice-cream

Chocolate & Coconut Tart **GF VEGAN**

€7.75



Served with raspberry sorbet, raspberry coulis and fresh strawberries

Apple & Cinnamon Pie ***VEGAN**

€8.25



Served warm with fresh cream, custard & French vanilla ice-cream

Tangy Lemon Tart

€8.00



Served with crushed meringue, fresh cream & raspberry ripple ice-cream

Beetroot Brownie **GF**

€8.00



Topped with grated beetroot & served with fresh cream, raspberry coulis & raspberry sorbet

Kinder Cookie Pie

€9.00



A slice of sweet pastry pie with Nutella, kinder bars, fresh cream, chocolate sauce & cookie dough ice-cream

Selection of Ice-creams Topped with Fresh Cream and a Wafer ***GF**

€2.50 per scoop



Choose from the following flavours:

French vanilla, raspberry ripple, honey comb, cookie dough, raspberry sorbet, lemon sorbet

Full Sundae Menu Available – Ask Your Server