



THE STRAND BAR

Surfing is Good for You

SMALL PLATES

- Today's Soup G** 4.50
+ homemade brown bread
- Soup + Sambo G** 8.40
Soup + choice of sambo
- Seafood Chowder GFSFCMD** 6.90
Freshly made with local fish/shell fish
+ home made brown bread
- Prawn Cocktail EGC** 6.90
"Classic", prawns lettuce Marie rose
sauce + homemade brown bread

SANDWICH / TOASTIES

All served with side salad
add fresh homemade chips 2.00

- Chicken Salad GE** 4.90
with basil mayo
- Ham Cheese Tomato & Red Onion G**
- Goats Cheese, Sun-dried Tomato,
Pesto & Rocket MK MD**

PANINIS/WRAPPS

Served with side salad
add fresh homemade chips 2.00

- Chicken, cheese & bacon EGS** 7.50
with spicy mayo
- Vegetarian, cheese, peppers,
pineapple, red onion & tomato** 7.50
with spicy mayo GSS
add chicken 1.50
- Ham, cheese & red onion GSS E** 7.50
with mayo
- Smoked salmon & prawns** 8.90
EGSSCF with Marie rose sauce
- Goats cheese, pesto &
roasted red pepper MK** 7.90

SALADS

- Caesar Salad FMD E S S G** 12.60
Cos lettuce, red onion, croutons, cherry
tomatoes, chargrilled chicken breast,
crispy bacon Caesar dressing and
parmesan shavings. (replace chicken
with smoked salmon)
- Grilled Goats Cheese
Crostoni Salad MK MD S S S** 12.60
Tossed salad topped with roasted red
pepper, sundried tomato, grilled goats
cheese & pesto crostoni, sunflower seeds
and balsamic dressing



TODAYS SPECIALS
CHECK WITH YOUR SERVER

BIG PLATES

- Our Famous Guinness
Beef Stew G M MD MK C** 11.95
Made with local beef and Guinness
served with fresh veg and creamy mash
- Thai Chicken Curry** 11.95
G MD MK CY Medium chicken fillet curry
with rice or fresh homemade chips
- Strand Special
Homemade Lasagne G MD MK** 11.95
With salad and fresh homemade chips
- Fish 'N Chips FG** 13.60
Lightly battered with fresh
homemade chips
- Daily Roast G MD** 13.00
With fresh veg and potatoes
- Creamy Pesto Pasta (v) G MD** 11.95
Pesto, red onions, sundried tomatos,
pinenuts, topped with rocket and
parmesan. Served with garlic bread
add chicken 1.50



AUTHENTIC ITALIAN
STONE BAKED PIZZA

BURGERS

- Beef 1/2 lb burger or
Chicken - pan fried fillet**
- Classic E MD G S S** 11.95
Tomato, lettuce cheese & tomato relish
- House E MD G S S** 11.95
Caramelized red onion, parmesan cheese,
pesto & rocket
- Smokey Burger E MD G S S** 13.95
Cheddar cheese, smoked streaky bacon,
lettuce, tomato & 'house' sauce
- Fish Burger E MD G S S** 13.95
Crispy Battered fillet, cos lettuce, tomato,
sweet pickled cucumber, mozzarella and
tartare sauce

Go double on beef/chicken for €3 extra

All burgers served with chips and side
salad

LITTLE ONES (Kids 14 years and under)

- Pasta Bolognese** 6.25
- Sausages & fresh
homemade chips** 5.55
- Chicken goujons & fresh
homemade chips** 6.25
- Junior sized portions** 8.25
E MD G S S CY F
Fish 'n Chips - Chicken Curry - Lasagne
- Daily Roast - Beef Stew

SIDE ORDERS

- Fresh homemade chips MK** 3.70
- Mash Potato G** 2.70
- Garlic Bread F** 3.00
- Garlic Bread with Cheese G** 3.50
- Coleslaw E MK MD** 1.50
- Green Salad MD** 2.50
- Dips** 1.00

Coffee, Teas, Hot Chocolate



DELICIOUS DESSERTS
CHECK FOR TODAY'S CHOICES

WINE BY THE GLASS



Served: Mon - Fri 12 - 4pm | Sat & Sun - 12 - 5pm
All our beef is Irish and locally sourced

All 14 allergens are openly used throughout our kitchen. trace amounts may be present at all stages of cooking.
G-Gluten, C-Crustaceans, E-Eggs, F-Fish, M-Molluscs, S-Soybeans, P-Peanuts, N-Nuts, MK-Milk, CY-Celery,
MD-Mustard, SS-Sesame Seeds, SP-Sulphites, L-Lupin



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