BAR & BISTRO

P. FRANCIS & SON

Evening MENU

DID YOU KNOW
WE ARE 90% GLUTEN FREE
ACROSS OUR FULL MENU RANGE

FULL DRINKS MENU AVAILABLE
JUST ASK YOUR SERVER

142 37 27

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Allergens

- Gluten wheat
- Peanuts
- Soya
- Molluscs
- Nuts
- Sesame
- Crustaceans
- Celery
- Lupin
- Eggs
- Lactose
- Sulphur dioxide
- Fish
- Mustard

(*)= Can be Made Gluten Free

Specials

Wine Of The Month

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Snare Point

2022

The perfect New Zealand Marlborough Sauvignon Blanc

75cl / 12.5% vol

€27

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Starters

Homemade Soup of the Day (GF) (*V)
€6.95
With freshly baked brown bread
or gluten free bread
***Make mine vegan Soup**

Galway Bay Seafood Chowder (GF)
Small €8.00/ Large €10.00
Creamy selection of local mussels, seafood & vegetables topped with samphire, served with traditional Irish brown bread or gluten free bread

Crispy Chicken Wings (*)
Regular wings €11.00 / Large wings €18.50
Crispy chicken wings with blue cheese dip
Choose one sauce: homemade hot buffalo sauce, bourbon BBQ or sesame seed & hoisin sauce
***Additional sauces €1.50 each**

Italian Flatbread €10.75
Traditional Italian flatbread topped with garlic butter, mozzarella cheese, Parma ham, black olives, rocket, parmesan shavings and a balsamic reduction

Warm Cajun Chicken & Chorizo Salad (GF)
Starter €9.50 / Main €14.75
Warm chicken breast with Chorizo, smoked paprika spiced baby potatoes, sundried tomato, red onion mixed peppers, tomato, sweetcorn, mixed leaves & house dressing

Goats Cheese Salad (GF)
Starter €9.50 / Main €14.75
With honey glazed beetroot, sundried tomato, orange segments, candied walnuts, roasted pine nuts, sweet potato cubes & a fresh cranberry dressing
***Make mine vegan** - remove Goats cheese and beetroot and replace with roasted cauliflower

Calamari
€10.50
Calamari squid rings coated in a panko crumb, served with a salad garnish and creamy tzatziki sauce

Crispy Cauliflower Wings (V) (VEGAN)
Small €9.90 / Large €14.50
Cauliflower tossed in a vegan batter with a crispy oven roast finish - served with a vegan mint & lime mayo

Beef & Black Bean Nachos (GF) (*V) (*VEGAN)
Small €10.25 / Large €15.00
Crisp corn nachos topped with black bean and tomato mince beef, drizzled jalapeno cheese sauce, served with sour cream and guacamole on the side.
*Make mine vegan with vegan cheese, guacamole and vegan lime & mint mayo

Bigger Bites

Baked Turkey Breast Bloomer (*)
€14.75
Toasted bloomer bread with streaky bacon, brie, tomato, stuffing, cranberry mayo with chunky fries and cranberry mayo dip

Chorizo & Mozzarella Ciabatta
€14.75 (*)
Olive ciabatta with beef tomato, creamy buffalo mozzarella, sliced chorizo, pesto mayo and rocket leaves - with chunky fries and a pesto mayo dip on the side

Vegan Sundried Bloomer (*) (V) (VEGAN)
€14.75
Sundried tomato, black olive & basil tapenade, grated beetroot, smashed avocado, red onion, tomato and rocket leaves in a fresh bloomer bread with vegan mayo and sweet potato fries

10 Oz Sirloin Steak (GF) €33.00

Served with homemade onion rings (GF), Portobello mushrooms, sauté onions, & a creamy pepper sauce served with chips & salad or mash potato & fresh veg of the day

Daily Roast (*) €19.00

Served with creamed mash potatoes & vegetables of the day

Mini Roast Available for €13.50

Fresh Catch (*) €24.00

Ask for today's fresh special

*** Allergens available from your server**

Not Available in half portion

Mains

The Beefy Burger (*)
€21.00

with streaky bacon, brie, red onion marmalade, rocket, crispy onions, cranberry mayo, all in an onion burger bun served with skinny fries & sweet tomato relish on the side

Braised Beef Blade (GF)
€26.00

Slow cooked and served with Yorkshire pudding, with caramelized red onion, kale crisps, butternut squash puree, fondant potato and a rich red wine jus - served with mashed potato & fresh vegetables

Turkey Burger (*)
€21.00

topped with bacon, grilled pineapple, tomato, cos lettuce and a sweet tomato relish, all in an onion bun & served with sweet potato fries and a pesto mayo

Grilled Duck Breast (GF)
€27.00

Cooked medium served on a bed of braised red cabbage, with honey glazed beetroot, sweet potato puree and a sweet orange jus served with mashed potato & fresh vegetables

Battered Fillet of Cod (GF)
€22.50

Cod fillet with mint pea, salad garnish, tartar sauce and chunky fries

Baked Fillet of Salmon (GF)
€24.00

Served with celeriac puree, sautéed garlic spinach, langoustine, a creamy white sauce and mashed potato & fresh vegetables

Buttermilk Chicken Goujons (GF)
€18.50

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

Italian Linguini Carbonara (*)
€19.00

Traditional linguini pasta tossed in a white wine & mushroom cream sauce, with bacon, parmesan cheese and garlic bread

***Add Chicken for €2.00**

Vegetarian Linguini Carbonara (*) (V)
€17.00

Traditional linguini pasta tossed in a white wine & mushroom cream sauce, parmesan cheese and garlic bread

The V Burger (*) (V) (*Vegan)
€17.00

A beetroot & chickpea patty in an onion bun served with gherkins, red onion rings, cos lettuce, guacamole, with a salad garnish, guacamole dip and sweet potato fries

*Make mine vegan with vegan bun

Pesto Linguini (*) (V) (Vegan)
€17.50

Bound in pesto with mixed seeds, sweet potato, sundried tomato and roasted pine nuts

Pizza

Gluten Free base available on request

Veggie Delight (V) €16.00
Cherry tomatoes, mixed peppers, sweetcorn, red onion & mushroom

Margherita (V) €15.00
Traditional tomato sauce & mozzarella cheese

Pizza Vegan (Vegan) (*) €16.50
Tomato sauce, vegan mozzarella, sliced black olives, sun dried tomatoes, mixed peppers, mushrooms & rocket

Cajun Chicken €16.50
Cajun chicken breast pieces with green peppers, jalapenos, red onion & mushroom

Pepperoni €16.50
Traditional herbed tomato sauce, mozzarella cheese & plenty of pepperoni

Meat Supreme €17.00
Pepperoni, chorizo, bacon, chicken & sausage

The Gourmet (V) €17.00
Goat's cheese, sundried tomato, red onion marmalade, pesto & rocket

Add Extra Toppings: Vegetarian €1.00 each / Meats €1.50 each

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Garlic (*) Bread €5.50

Side Dishes €4.70 Each

Vegetables Of The Day (GF) **Creamy Mashed Potato (GF)**
Side Salad (GF) **Onion Rings (GF)** **Skinny Fries (GF)**
Chunky House Chips (GF) **Sweet Potato Fries (GF)**

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

Sauces & Dips

BBQ, Garlic Mayo, Sweet Chili, Pesto Mayo
• €1.00 Dips

Burbon BBQ, Jalapeno Cheese, Buffalo, Peppercorn
• €1.50 Dips

Desserts

Cheesecake (GF)

Of the Day €7.50

Flavours may come & go but this plate of deliciousness will ALWAYS be gluten free

Muffin Of the Day (*)

€7.00

New delicious flavours everyday - served with fresh cream and French Vanilla ice-cream

Coffee Dock

Tea	€2.75
Decaf Tea	€2.75
Herbal Tea	€3.25
Americano (Reg)	€3.40
Americano (Lrg)	€3.80
Cappuccino	€3.90
Latte	€3.90
Mocha	€3.90
Flat White	€3.80
Espresso	€2.75

Add a flavour twist 50cent
Caramel, Salted Caramel, Hazelnut, Chai, Vanilla, Mint

Chocolate & Banana Brownie
(GF) (Vegan) €7.75
Served with berry coulis & raspberry sorbet

Apple & Berry Crumble
(*V) €8.25
Served warm with fresh custard and French vanilla ice-cream
***Make mine vegan- Apple Pie**

Irish Cream Sundae (*)
€9.25
One scoop each of double chocolate ice-cream, mint chocolate and Bailey's ice-cream topped with Terry's Chocolate Orange pieces, toasted almonds, a drizzle of Baileys Irish Cream, fresh cream and a wafer*
(*Contains Alcohol)

Peanut Butter & Chocolate Tart
€8.25
Topped with a rich chocolate glaze and served with Baileys ice-cream

Rummy Sundae (*)
€8.95
2 scoops of French vanilla, 1 scoop of Rum & Raisin ice-cream, with chocolate fudge bites, hazel nuts, fresh cream and a wafer*

Frosty Carrot Cake
€7.75
Scrummy carrot cake topped with a sweet cream cheese frosting and served with French Vanilla ice-cream