



Dear Guest/A Aoi, a chara

Go raibh maith agat as ucht cuairt a thabhairt ar Bhialann Bia Beo.

Thank you for visiting our Bia Beo Restaurant.

All of the following menu items are sourced primarily in the Connaught region which demonstrates our commitment to local suppliers and to the environment.

All of our meats, poultry and fish are Irish and are of course fully traceable.

This menu was supplied as following,

Pork by 'McGeoughs Butchers' of Oughterard Galway

Beef by 'Heaney Meats' of Galway

Seafood and Fish by 'Gary Creaven Fish Sales' Galway

Duck by 'Pallas Foods'

Chicken by 'Corrib Foods' Galway

Vegetables and Salads by 'Glynns Fruit and Veg', and 'Total Produce', both of Galway

Cheese by 'Sheridan's Cheesemongers' of Galway

Bain sult as do bhéile agus fáiltimid roimh aon aiseolas uait.

We hope you enjoy your meal with us and we welcome your feedback.

Jimmy Ruffley & all of the kitchen team

Head Chef / Príomhchócaire

Dear Guest,

If Dinner is included in your room rate you may choose from the
a La Carte Menu.

A small supplement is charged on some items and this is clearly
marked on the menu *

Starters / Mar Thús

Smoked Chicken Caesar Salad / Sailéad Sicín Caesar (c) €6.50

Pieces of smoked chicken breast, crisp romaine lettuce, crispy bacon and fresh parmesan shavings all bound in our own Caesar dressing, make up this favourite classic.

Bia Beo Gravlax of Salmon / Bradán Gravlax Bia Beo (c) €6.50

Fillet of salmon cured in our own kitchen in sea salt, pink peppercorns, dill and Pernod served over baby leaves with rocket pesto.

Twice Cooked Pork Belly / Bolg Muiceola(c) €7.95

McGeoughs of Oughterards succulent pork belly slow braised in cider, then broiled to finish, served with an apple and mango salsa.

Spicy Vegetable Filo Parcels / Beartóga de Ghlasraí Spíosraithe (v) €5.95

Chilli roasted vegetables and cous-cous golden fried in filo parcels and served with stir-fried oriental cabbages.

A Taste of Galway Bay / Blas de Chuan na Gaillimhe (c) €7.95

Hot and cold taster plate of locally sourced sea food including our own Gravlax of salmon, mussels, shrimp, sauté tiger prawns and garlic roasted crab claws.

Fresh Homemade Soup of the Day / Anraith an Lae (c)(v) €4.95

Served with our homemade bread rolls.

West Coast Seafood Chowder / Seabhdar Bia Mara (c) €5.95

A selection of local seafood and vegetables make up this Irish Classic which is served with our own homemade brown bread.

Main Courses / Príomhchúrsaí

8oz Sirloin Steak / Stéig Chaoldroma (c) €24.95

Tender Irish sirloin steak cooked to your liking and served with sauté onions and mushrooms, drizzled with Gaelic Whiskey cream sauce and garnished with onion rings.

* €6.00 supplement for guests staying with dinner included in their package

Roast Supreme of Chicken / Sicín Rósta (c) €16.95

Succulent breast of chicken served on a parmesan and leek risotto with butternut squash chips and lemon and thyme sauce.

Confit of Duck Leg / Cos Lachan (c) €18.95

Slow braised confit of duck leg served over a cassoulet of chorizo and mixed beans and garnished with fine herbs.

Roasted Fillet of Sea bass / Filléad Doingean Mara (c) €20.95

Delicious fillet of sea bass over a tomato and red lentil salsa, with asparagus puree and saffron beurre blanc.

Mussels with Guinness / Diúilicíní le Guinness (c) €14.95

Fresh Killary harbour mussels cooked in Guinness and finished with dill butter cream.

Steamed Fillet of Salmon / Filléad de Bhradán (c) €18.95

Steamed fillet of salmon served with grilled pancetta wrapped asparagus tips with citronette and a lime scented hollandaise sauce.

Seared Fillet of Pollock / Filléad Mangaigh (c) €19.95

Seared fillet of Pollack topped with a chickpea tapenade in a bouillabaisse broth.

Trio of Stuffed Flat Cap Mushrooms / Muisiriúin Stuáilte (c)(v) €14.95

Trio of Grilled flat cap mushrooms stuffed with spicy puy lentils, cous-cous with nuts and seeds, and tofu and cherry tomatoes respectively.

Roasted Nut and Vegetable Loaf/Builín Ilchónna Rósta & Glasraí (v) €14.95

Served with puree of yam and rocket pesto.

Ratatouille and Smoked Carrigaline Cheese Tartlet/Toirtín Cáise (v) €15.95

Served with toasted pine nuts tossed in rocket leaves and balsamic drizzle.

Side Orders / Ar an Taobh

Side Salad / Taobhshailéad (v)(c)	€2.55
Spicy Potato Wedges / Dingeacha Spíosraithe (v)	€2.95
Portion of Fries / Sceallóga (v)(c)	€2.95
Sauté Mushrooms or Onions / Muisiriúin nó Oinniúin Shótáilte (v)(c)	€2.55
Golden Fried Onion Rings / Fáinní Oinniúin Frichta (v)	€2.95
Boiled Rice / Rís Bhruite (v)	€2.95

We cater for all dietary requirements, please inform your server
Please note some of our dishes may contain nuts, please advise your server
(v) Vegetarian (c) Gluten Free

The Team at Bia Beo Restaurant, and the team of the Menlo Park kitchen
hope you enjoy your meal.

Please do not hesitate to ask for assistance should you have any queries.

Bain Sult as do Bhéile

Go raibh maith agat agus feicfimid arís tú