

A Aoi/Dear Guest

Go raibh maith agat as ucht cuairte a thabhairt ar Bar Beoga.

Thank you for visiting Bar Beoga

We Support local suppliers as much as possible. All of our meats, poultry and Fish are Irish and where possible are sourced within the Connaught region.

All of our beef is traceable and to minimise our carbon footprint we source Irish ingredients as much as possible.

We have an ethos of catering for all dietary requirements.

We place a great emphasis on offering plenty of Gluten free choices and over 80% of our menu is Coeliac friendly.

We are happy to cater for any requirements you have so please let us know when ordering.

In order to give you the best quality meal every dish on our menu is cooked to order but we promise it will be worth the wait.

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

Tá súil againn go mbainfidh tú taitneamh as do bhéile linn agus fáiltimid roimh aon aiseolas uait.

*Jimmy Ruffley & all of the kitchen team*

Head Chef / Príomhchócaire

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## Light Bites/Géarú Goile

Homemade Soup of the Day /

Anraith de Dhéantús Baile ☒ €4.45

*Served with our own homemade soda bread*

West Coast Seafood Chowder / ☒

Seabhdar Bia Mara €5.45

*A selection of local seafood and vegetables make up this classic Irish dish, served with homemade brown bread*

Southern Fried Chicken Wings /

Eití Sicín €5.95

*Spicy breaded chicken wings with a fiery buffalo dip and blue cheese dressing (10 pieces approx.)*

Goats Cheese Tartlet with Chilli Jam /

Toirtín Cáis Ghabhair le Subh Cillí €6.95

*Locally produced in Ballinasloe, Killeen farmhouse goat's cheese baked in a tartlet with roasted bell peppers and aubergine shavings and served with homemade chilli jam*

Killary Harbour Mussels / Diúilicíní €9.95

*Fresh Killary mussels cooked in white wine and herbs and served in their own juices with a twist of garlic linguine*

Connemara Smoked Salmon & Crabmeat ☒

Roulade /

Bradán Deataithe & Feoil Phortáin €7.95

*The finest Connemara smoked salmon stuffed with a zingy crabmeat, cream cheese and lime salsa and served over fresh rocket leaves and citrus oil*

Pressed Vegetable Terrine /

Teirín Glasraí ☒

€5.95

*Warm terrine of seasonal vegetables and fresh basil leaves served with rocket and vierge dressing*

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## Salads / Sailéid

### Caesar Salad / Sailéad Caesar ✕ €8.95

*Fresh romaine lettuce, crispy bacon, fresh parmesan shavings and our own Caesar dressing make up this favourite classic*

### Vietnamese Chicken Salad / Sailéad Sicín Vitneamach ✕ €9.95

*Bold, fresh flavours star in this salad of freshly cooked chicken pieces served over a salad of mixed oriental cabbages with a zingy lime dressing*

### Spicy Beef Salad Bowl / Sailéad de Mhairteoil Spíosraithe €9.95

*Freshly cooked strips of Irish Fillet of beef with a salad of aromatic ginger scented noodles*

### Cashel Blue Cheese & Roasted Pear Salad / Sailéad de Ghormán Chaisil & Piorra Rósta ✕ €9.95

*World Famous Cashel Blue cheese & roasted mini pears dressed in hazelnut oil make up this mouth watering and tangy salad*

## Main courses / Príomhchúrsaí

### Roast of the Day / Rósta an Lae €12.95

*Please ask your server - served with our own rich gluten free gravy. Fully gluten free if served with no stuffing*

### 8oz Sirloin Steak / Stéig Chaoldroma ✕ €21.95

*Tender Irish sirloin steak cooked to your liking and served with sauté button mushrooms and onions and topped with creamy brandy peppercorn sauce*

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**The Bar Beoga Half Pounder / Búrgar Leath Puint** (☒ if served with no bun) €14.95

*A massive half pound of Irish beef make up our new recipe burger freshly cooked and topped with bacon, cheddar cheese, lettuce and tomato relish all served on a floury bap with coleslaw and fries*

**Bangers & Mash / Ispíní & Bruitín** (☒) €11.95

*Award winning apple and cider sausages locally produced by McGeoughs of Oughterard served over creamy mashed potatoes with a chunky onion gravy*

**Thai Green Chicken Curry / Curáí Sicín Glas Téalannach** (☒) €14.95

*Stir-fried marinated chicken strips and vegetables covered with our own Thai green curry sauce and served with citrus scented rice*

**Smoked Bacon Tagliatelle / Tagliatelle Bagún Deataithe** €11.95

*Tagliatelle pasta bound in a smoked bacon, and mushroom sauce and served with cheesy garlic bread (Gluten-free pasta is available – with a 15 minute cook time)*

**Oven Roasted Chicken Breast with Green Salsa** (☒) / Brollach Sicín Rósta €12.95

*Freshly cooked supreme of Irish chicken served with sweet potato parmentier and a sharp salsa Verde*

**The Big Beoga Platter / Trinsiúr Mór** €12.95

*Our ever popular combo platter has an even bigger selection of chicken tenders, chicken wings, cocktail sausages, mini spring rolls and spicy wedges, is served with a duo of dips*

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## From the Sea / Ón bhFarraige

### Gary Creaven's Catch of the Day /

#### Iasc an Lae

*Please ask your server for today's catch*

### Good Aul Fish & Chips /

#### Iasc & Sceallóga €15.95

*A wonderful duo of fresh Haddock and smoked Coley deep fried in our own gluten free batter and served with mushy peas and homemade tartar sauce*

### Grilled Cajun Salmon /

#### Bradán Cajun Griollta

€14.95

*Spicy fillet of Cajun salmon served in a cooling Gazpacho broth with fresh herbs*

## Vegetarian / Don Veigeatóir

### Thai Green Chickpea Curry / Curáí

#### Sicphiseánach Glas Téalannach €12.95

*Sautéed sweet potatoes and chickpeas served with our own Thai green curry sauce with a coriander rice pilaf*

### Baked Nut Loaf /

#### Builín Ilchónna Bacáilte €13.50

*Wonderfully nutritious baked nut loaf on a bed of polenta and roasted vegetables with salsa Verde*

### Curried Lentil Burger /

#### Burgar Lintile Curaithe

€12.95

*Mildly spiced black lentil pattie served with stir-fried vegetables and tomato relish*

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*(All Our Main Courses are served with Fresh Vegetables and Potatoes or side salad and fries)*

## Speciality Sandwiches / Saincheapairí

 *All Sandwich fillings available with Gluten Free Bread*

**Steak Sandwich / Ceapaire Stéige** €11.95  
Prime grilled slices of sirloin with garlic sautéed onions and mushrooms on fresh ciabatta bread

**B.L.T. / Bágún, Leitiis, Tráta** €8.25  
Another old favourite of bacon, fresh lettuce and tomato with mayonnaise served in a toasted bap

**Chicken and Bacon Wrap /  
Fillteog Sicín agus Bagún** €9.50  
Slices of chicken and bacon with cheddar cheese, tomato, onion and coleslaw served in a wrap

**Tuna and Red Onion Panini /  
Tuinnín & Oinniún Dearg** €9.50  
Chunks of tuna and red onion bound in mayonnaise

**Roast Pepper & Hummus /  
Piobar Dearg & Humas** €9.95  
Delicious roasted bell peppers and our own homemade hummus served warm on a toasted ciabatta

All our speciality sandwiches are served with fries and side salad

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## Side Dishes and Snacks / Ar an Taobh agus Sneaiiceanna

Garlic mushrooms with chips Muisiriúin Ghairleoige le Sceallóga	€5.95
Vegetarian spring rolls with chips Rollóga Earraigh Veigeatóra le Sceallóga	€5.95
Portion of beans Pónairí	€1.95
Portion of chips Sceallóga	€3.25 / €4.95
Spicy potato wedges Dingeacha Spíosraithe	€3.50
Sauté onions Oinniúin Shotáilte	€2.95
Sauté mushrooms Muisiriúin Shotáilte	€2.95
Coleslaw Cáslá	€2.95
Basket of homemade brown bread Arán de Dheántús Baile	€2.95

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## Desserts / Milseaoga

**Trio of Ice Creams in a Chocolate Wafer Basket**  
Drizzled with Butterscotch Sauce

**Warm Apple Pie**  
With a Vanilla Custard Sauce

**Tropical Fruit Crumble**  
With Ice-Cream & Anglaise Sauce

**Warm Chocolate Fudge Cake**  
With Raspberry Coulis

**Homemade Cheesecake of the Day**  
With a Duo of Sauce & Rosette of Cream

**All Desserts €5.25**

 *Gluten free dessert menu available – please ask you server*

Tea per person	€1.75
Regular Coffee	€2.00
Café Latte	€2.50
Cappuccino	€2.50
Large Cappuccino	€2.80
Espresso	€2.00
Double Espresso	€2.80
Hot Chocolate	€2.60
Americano	€2.00

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Irish Coffee  
Baileys Coffee

€5.20  
€5.20

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