



BAR & BISTRO

P. FRANCIS & SON

*Bistro*  
*Menu*



# We Cater to your needs!

Our menus are over 90% gluten-free across our full menu range

**Gluten-free, vegetarian, vegan, dairy-free – we've got you covered!**

## We're Flexible

We recognize that everyone is unique and has different needs which we aim to accommodate.

### Allergen List

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

\*GF = can be made gluten-free



# BAR & BISTRO

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## 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**

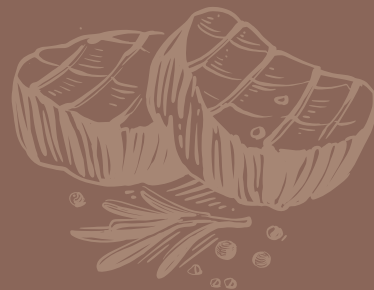


Bloomer bread with vegan bacon, rocket, sundried tomato, vegan cheese & vegan guacamole filling. Served with vegan pesto mayo dip, sweet potato fries & salad garnish





## Steaks Specials



Please see our Daily Specials Menu for today's Steak Special

## Mains

### Roast of the Day

€19.95

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

€26.00

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

€23.50



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

€23.00



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

€26.50



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

€19.50



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

€19.50



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

€19.50



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**

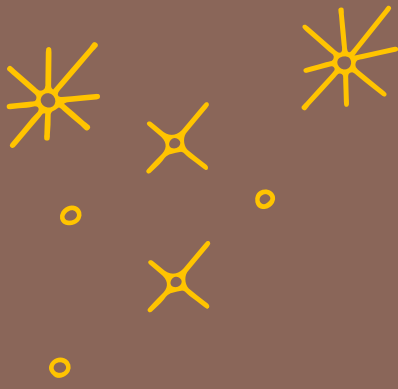
**€2.50 per scoop**



Choose from the following flavours:

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

**Full Sundae Menu Available – Ask Your Server**



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# Kid's Menu







SINCE 1998

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## Starters

### Mozzarella Sticks

€4.00   

Coated in breadcrumb with BBQ dipping sauce

### Cheesy Garlic Breads \*GF

€4.00  

Toasted mini garlic baguettes topped with melted cheese & garlic mayo dip

### Small Soup of the Day \*GF

€4.00  

Served with white sliced bread & butter

### Baby Veggie Bowl GF

€5.50   

Mashed potato and fresh vegetables topped with your choice of either our soup of the day or our popular homemade gravy

## Desserts

### The Frozen Wobble \*GF

€4.50  

A bowl of wobbly strawberry jelly with vanilla ice-cream & a giant wafer \*

### The Double Scoop \*GF

€4.50  

Chose your two scoops from the following flavours: Vanilla, Strawberry or Chocolate  
Served with a giant wafer \*

**Kid's Sundae Menu Available – Ask Your Server**

## Mains

### Irish Pork Sausages \*GF

€8.25 

served with skinny fries & ketchup dipping sauce on the side

### Pizza Slices \*GF

€8.25  

Your choice of margarita or pepperoni slices – served with skinny fries & ketchup dipping sauce on the side

### Cheeseburger \*GF

€8.25     

Irish beef patty with a cheese slice between two fresh breaded sesame seed buns – served with skinny fries & ketchup dipping sauce on the side

### Menlo Mac N' Cheese \*GF

€8.25   

Warm pasta bound with a cheese sauce & topped with parmesan cheese

### Chicken Goujons \*GF

€8.25  

Our goujons are served with skinny fries & ketchup dipping sauce on the side

### The Daily Half Roast \*GF

€14.00 

Served with fries OR mashed potato & fresh vegetables with a portion of our homemade gravy on the side – Ask your server for today's roast and allergens