



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

# 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

## Goat's Cheese Salad **\*GF**

Small 11.25 / Large €15.25



With caramelised walnuts, roasted pinenuts, sundried tomato, orange segments, & mixed salad leaves tossed in a sweet pomegranate & orange 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

## 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 & 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 Baa bap, served with chunky fries, salad garnish & spiced apple relish

## Festive Bloomer **\*GF**

€16.00



Bloomer bread with roast turkey, roast ham, brie, stuffing and cranberry sauce. Served with chunky chips, salad garnish & a side of cranberry 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



Brie, 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 & brisquet arancini, butternut squash puree, butter roasted baby carrots, crispy kale, and a rich red wine jus

### Grilled Chicken Supreme GF

€25.00



Served on a bed of sauteed garlic spinach, celeriac puree, baby corn & rich 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 on a bed of braised red cabbage & beetroot, garlic & parmesan roasted baby potatoes, sea salted 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

# 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

**Festive Feast \*GF**

€17.50



Roast turkey, roast ham, mozzarella cheese, brie & homemade herb stuffing with a cranberry 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

## Gingerbread Cheesecake **GF**

€7.75



Topped with a caramel drizzle, served with fresh cream & French vanilla ice cream

## Muffin Of The Day

€7.75



Ask your server for todays flavour - served with French vanilla ice-cream

## Chocolate, Banana & Peanut Butter

### Brownie **GF VEGAN**

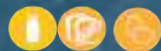
€7.75



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

## Vegan Delight Sundae **GF**

€9.95



One scoop of raspberry sorbet, one scoop lemon sorbet, one scoop of vegan vanilla, strawberry compote, fresh strawberries, flaked almonds & hazelnuts

## Tangy Lemon Tart

€8.00



Served with crushed meringue, fresh cream & raspberry ripple ice-cream

## Chocolate Fondant **GF**

€8.00



Served with fresh cream, raspberries & 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

## Terry's Chocolate Orange Sundae **GF**

€9.95



Soft serve vanilla ice cream with Terry's chocolate orange pieces, crunchie bits, warm chocolate sauce, orange segments, and topped with cherry compote



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*Kid's  
Menu*

# 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 \*

## Toffee Popcorn Sundae \*GF

€6.50  

Soft serve vanilla ice cream, toffee popcorn, chocolate sauce, popping candy and topped with a cone

## Festive Sundae GF

€6.50 

Soft serve vanilla ice cream, with a gingerbread man, caramel sauce, chocolate chips & a candy cane

# 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 todays roast and allergens

