

BISTRO *Evening* MENU



BAR & BISTRO

P. FRANCIS & SON

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

❤️ 142 💬 37 👤 27

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Allergen List

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

(*)= Can be Made Gluten Free

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 €8.25 / Large €10.25    

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 spicy Piri Piri sauce

***Additional sauces €1.50 each**

Brisket Aranchini (GF) €10.75

Rolled risotto stuffed with slow cooked beef brisket, wild mushroom and mozzarella deep fried in a gluten free crumb served on a bed of garlic wilted spinach, celeriac puree and a basil and tomato ragout




***Make mine vegan - wild mushroom arancini in a vegan crumb with spinach & ragout**

Cajun Chicken & Chorizo Caesar Salad (*)

Starter €9.95 / Main €14.95     


Warm chicken breast with Chorizo, cos lettuce, crispy bacon, our house Caesar dressing & parmesan shavings served with homemade brown bread*

Baked Goats Cheese Salad (GF)

Starter €9.95 / Main €14.95   




With honey roasted walnuts, toasted pine nuts, sunflower seeds, grated beetroot, sun-dried tomato, orange segments, grilled peach, dressed leaves and a honey & lemon dressing served with homemade brown bread*

Galway Bay Mussels (GF)

Small €9.50 / Large €14.00  

Fresh Galway Bay mussels cooked in a garlic & white wine sauce topped with spring onions

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, spring onions 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**

Start Bigger

Meaty Bloomer Sandwich

     €14.75 (*)




Toasted bloomer bread with chorizo, salami, pepperoni, streaky bacon, tomato, buffalo mozzarella, and cajun mayo - served with chunky fries, cajun mayo and salad garnish

Chicken Goujon Wrap

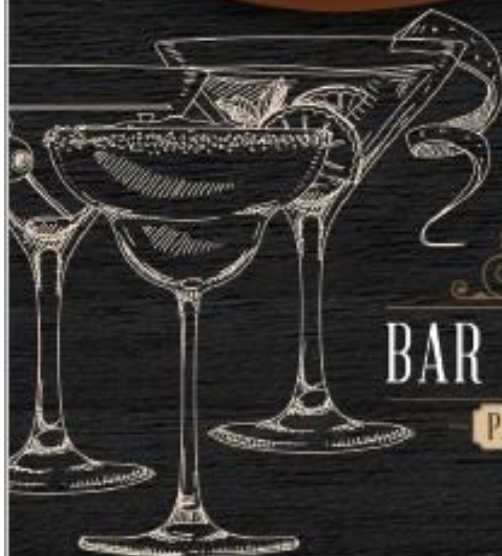
    €14.75

Breaded chicken goujons, pesto mayo, parmesan cheese, rocket, sun-dried tomato and feta cheese - all served in a wrap with chunky fries, salad garnish and a pesto mayo dip

Vegan Hummus Wrap

   €14.75 (*) (V) (VEGAN)

Beetroot hummus, vegan cheese, sundried tomato rocket, grilled red pepper, vegan pesto mayo - served with vegan pesto mayo and sweet potato fries and salad garnish




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Daily Roast €19.25 (*)

Served with creamed mash potatoes & vegetables of the day

Mini Roast Available for €13.50

Daily Catch €24.00 (*)

Ask for today's fresh special

* Ask your server for **ALLERGENS**

Not Available in half portion



Steaks (GF)

Choose **ONE** Option

10 Oz Sirloin - €33.00

Cook Range: Blue to Well Done

8 Oz Rump Fillet - €27.00

Cook Range: Medium

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



The Beefy Burger (*)

€21.75      

with streaky bacon, chorizo, smoked cheddar, black pudding, onion rings, rocket, red onion & pepper relish and skinny fries & whiskey BBQ mayo dip on the side

Pork Three Ways (GF)

€26.00    

slow cooked glazed pork belly, pork fillet wrapped in smoked bacon stuffed with an apple and leek stuffing, a pork shoulder bon bon with black pudding crumb, crispy pancetta all served with apple puree & a rich red wine jus

Buttermilk Chicken Burger (*)

€21.75      

buttermilk marinated chicken breast coated in a spicy gluten free crumb, with jalapeno cheese sauce, tomato, crispy onion, gherkins, cos lettuce - all served with skinny fries and a cajun mayo dip

Chicken Ballotine (GF)

€25.00   

Grilled chicken breast roulade served with celeriac fondant, fine beans, corn puree and a mushroom and garlic cream sauce

Battered Fillet of Cod (GF)

€23.00    

Cod fillet in a gluten free lemon and turmeric batter with mint pea, salad garnish, tartar sauce and chunky fries

Baked Fillet of Salmon (GF)

    €25.00

on a bed of creamed spinach and coconut parmesan rice, with honey glazed beetroot, cherry tomatoes on the vine, a creamy white sauce and mashed potato & fresh vegetables

Buttermilk Chicken Goujons (GF)

    €19.00

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 (*) (*V)

     €19.00

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

***Vegetarian Option without bacon available**

***Add Chicken for €2.00**

The Nutty Squash Burger (*) (V) (*Vegan)

      €17.50

butternut squash, blackbean, quinoa and walnut burger, gherkins, red onion marmalade, cos lettuce and vegan pesto mayo with a salad garnish, guacamole dip and sweet potato fries

***Make mine vegan with vegan bun**

Sweet Chickpea Curry (GF) (V) (Vegan)


   €17.50

Chickpea medium spiced curry with sweet potato, roasted red peppers, spinach, toasted cashew nuts - all served with long grain rice and a poppadum

***Add Chicken for €2.00**

Veggie Delight (V) €16.50  

Cherry tomatoes, mixed peppers, sweetcorn, red onion, black olives & 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 & a vegan pesto drizzle

Hawaiian €16.50    



Chicken, bacon, pineapple, caramelized red onion and a BBQ drizzle

Pepperoni €16.50  

Traditional herbed tomato sauce, mozzarella cheese & plenty of pepperoni

Meat Supreme €18.00  

Pepperoni, chorizo, bacon, chicken & sausage

The Four Cheese (V) €17.50  

The melted goodness of mozzarella, goats cheese, parmesan & cashel blue cheese



Pizzas

Add Extra Toppings:
Vegetarian €1.00 each / Meats €1.50 each
Gluten Free base available

Specialty CHUNKY Fries (GF)

All served with cool blue cheese dip

Loaded Fries €10.50 Each

- Bacon Bites, parmesan cheese & garlic mayo   
- Beef & black bean mince, sour cream, scallions & jalapeno cheese sauce   
- Chicken breast pieces & mild curry sauce   

Saucy Fries €9.00 Each

- Hot Buffalo Sauce  
- Melted Spicy Jalapeno Cheese Sauce   
- Peppery Pepper Sauce   

Sides

€4.90 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



Garlic Bread (*) €5.50 



Sauces & Dips

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

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

Cheesecake Of The Day (GF)

€7.75 

Flavour changes everyday, so make sure to ask!

Muffin Of The Day (*)

€7.75 

Flavour changes everyday, so make sure to ask - served with French vanilla ice-cream

Date & Almond Tart

(GF) (Vegan) €7.75

Served with fresh strawberries, lemon sorbet & a blackcurrant coulis

Apple & Cinnamon Pie

(*V) €8.25 

Served warm with fresh custard, cream and French vanilla ice-cream

*Make mine vegan- Apple Pie

Kinder Cookie Pie

€8.00 

A slice of sweet pastry pie with nutella & kinder bars served with a cookie dough ice-cream

Tangy Lemon Tart

€8.00 

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

Nutella Dessert Pizza

€12.00 

With nutella, banana, marshmallow & fresh Cream

Sticky Toffee & Carrot Pudding

€8.00 

Served with a rich caramel sauce & a honeycomb ice-cream

The Sun-Soaked Sundae (*)

€9.00 

1 scoop of raspberry ripple, 1 scoop of honeycomb and 1 scoop of French vanilla ice-cream, with dark chocolate shavings, chocolate fudge bites, strawberry compote hazel nuts, fresh cream and a wafer*

The Malteser Sundae (*)

€9.25 

Two scoops of French vanilla, one scoop of honeycomb, maltesers, caramel sauce, toasted almonds, a flake, fresh cream and a wafer*

The Biscoff Sundae

€9.25 

Two scoops of French vanilla, one scoop of cookie dough ice-cream, Biscoff crumb, Biscoff sauce, Biscoff biscuit, fresh cream and a wafer*

Ice-Cream By The SCOOP - €2.50 PER

AVAILABLE FLAVOURS:

French Vanilla, Cookie Dough, Bubble Gum, Lemon Sorbet, Raspberry Ripple, Raspberry Sorbet, Honeycomb



Desserts



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

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

BISTRO *Children's* MENU



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|  Soya |  Eggs |
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|  Nuts |  Sulphur dioxide |
|  Sesame |  Fish |
|  Crustaceans |  Mustard |

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Children's Starters

Mozzarella Sticks

€4.00   

Served warm coated in breadcrumb with a BBQ dipping sauce

Cheesy Garlic Breads (*)

€4.00  

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

Small Soup of the Day (*)

€4.00  

Ask your server for todays flavour - 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 rich homemade gravy

Menlo Mac N' Cheese (*)

€8.25    


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

Chicken Goujons (*)

€8.25  


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

The Daily Half Roast (*)

€13.50 

Served with fries OR mashed potato & fresh vegetables with a portion of our homemade gravy on the side - Ask your server for todays roast

Pork Sausages (*)

€8.25 

Irish pork sausages served with skinny fries & a ketchup dipping sauce on the side

Pizza Slices (*)

€8.25  

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

Cheeseburger (*)

€8.25   

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

Mains



Desserts

The Frozen Wobble (*)

€4.25 

A bowl of wobbling strawberry jelly with vanilla ice-cream & a giant wafer

The Double Scoop (*)

€4.25 

Chose your TWO SCOOPS of these flavours: Vanilla, Strawberry or Chocolate - served with a giant wafer

Mini Cheesecake (GF)

€5.50 

It's a more manageable slice of our cheesecake of the day with vanilla ice-cream- ask for todays flavour

The Brownie Sundae (*)

     €5.75

Vanilla ice-cream with warm chocolate fudge cake bites, marshmallows, strawberry & cream chocolate mice, fresh cream, a wafer and chocolate sauce

The Upside Down Ice-Cream (*)

  €5.75

Bubble gum & raspberry ripple ice-cream, gummy bear sweets, white chocolate beans & an upside down wafer cone

The Kinder Cookie Sandwich (GF)

   €5.75

Homemade Kinder cookies with vanilla ice-cream, kinder bar bites & a side of gooey chocolate sauce