

SANDS DINNER

FROM THE SEA

KILLARY MUSSELS €12.00

Steamed in a White Wine & Shallot Broth, Seaweed Garlic Butter, Crusty Sourdough Bread

(G wheat, E, M, SD, MS)

DOONCASTLE OYSTERS €14.50

½ doz Connemara Oysters Grilled on the Charcoal, Lemon, Olive Oil

(G wheat, M, SD, MS)

CONNEMARA CHOWDER €9.00

Fresh & Smoked Fish from the Connemara Fisheries, Shellfish from the Killary, Lobster from Manin Bay in a Fish Cream Soup with Vegetables and Herbs

(G wheat, C, F, M, N pine, CY, SD, MS)

CONNEMARA ARTISAN SHARING PLATTER FOR TWO €24.00

Smoked and Cured Fish from Graham Roberts Smokehouse, Air Dried Meats from Mc Geough's Butchers, Freshly shucked Oysters from Doon Castle, Accompanied by Dean's Honey with Wholegrain Mustard, Homemade Lime Jam, Seaweed Butter, Served with Selection of Breads

(G wheat, C, E, F, S, M, MD, SD, MS)

WHEN AVAILABLE

MANIN BAY CRAB CLAWS €16.00

Garlic & Parsley Butter, Chilli Jam, Olive Oil Toasted Sourdough

(G wheat, C, E, M, CY, MD, SD)

BALLYCONNELLY LOBSTER SALAD €14.00

Mango and Vanilla Chutney, Dried Mango, Fresh Lime and Chilli Oil

(C, E, M, SD, L)

FROM THE LAND

POTTED CHICKEN LIVER PATE €9.00

Apple Jelly, Rhubarb Chutney, Warm Toasted Brioche

(G wheat, E, M, SD)

ORGANIC SLOW COOKED LAMB NECK €11.00

Leenane Mountain Lamb Stuffed with Galway Goat's Farm Cheese, Caramelized Red Onion, Tomato Confit

(G wheat, S, M, CY, SD)

MAPLE BRAISED ANDARL PORK BELLY €14.00

Chargrilled Scallop, Cauliflower Cream, Pork Crisps, Brown Butter, Parsley Gel

(C, M, CY, MD)

GALWAY GOAT'S FARM CHEESE SALAD €9.00

Chargrilled Watermelon, Mc Geough's Air Dried Lamb, Toasted Pine Kernels, Fresh Rocket and Balsamic

(M, N pine, MD, SD)

MAIN COURSE

ROASTED SUPREME OF IRISH CHICKEN BREAST €22.00

Summer Fruit Stuffing, Mc Geough's Air Dried Pork Crisp, Baby Carrots and Lemon Thyme Jus

(G wheat, S, M, CY, MD, SD)

HEREFORD CHARGRILLED FILLET OF BEEF €32.00

Manin Bay Lobster in a Wonton Parcel, Sauteed Fine Beans, and a Port Jus

(G wheat, C, E, S, M, CY, SD)

BERNARD KING'S ORGANIC LEENANE LAMB €32.00

Thyme Roasted Rack, Braised Shoulder, Minted Crushed Peas, Garlic Gratin, Pinot Noir Jus

(M, CY, SD)

CHARCOAL GRILLED IRISH BEEF BURGER €17.00

Melted Cheddar, Caramelized Onions, Pickled Cucumber Burger Sauce, Toasted Brioche Bun, Homemade Ketchup

(G wheat, E, S, M, N, MD, SD)

ROASTED MONKFISH ON THE BONE €25.00

Killary Clams, Cherry Tomato Confit, Spring Onion, Fresh Tagliatelle in a Tarragon Butter

(G wheat, E, F, M, CY, SD, MS)

ALMOND CRUSTED ORGANIC IRISH SALMON €23.00

Baked Apple Gel, Sauteed Baby Spinach, Buttered Mangetout, Lemon Cream Fish Veloute

(G wheat, C, F, S, M, N almonds, CY, SD, MS)

FISH N' CHIPS €18.00

Bridewell Battered Cod from the Connemara Fisheries, Truffle Honey Drizzles, Lemon, Home Pickled Cucumber Tar Tar

(G wheat, E, F, M, MD, SD, L)

SANDS DINNER

TO ACCOMPANY

TRIPPLE COOKED CHIPS	€5.00
Truffle Vinegar and Parmesan (M, SD)	
GRATINATED POTATOES	€5.00
Sliced Potatoes Baked in a Garlic Cream (M)	
ROAST POTATOES	€5.00
Baby Potatoes, Rosemary & Achill Sea Salt (M)	
BABY LEAF SALAD	€5.00
Cherry Tomatoes, Red Onion and Balsamic (SD)	
STEAMED VEGETABLES	€5.00
Butter Glaze (M)	

OUR MENU

Our menu is inspired with the philosophy of using the freshest local ingredients available on our doorstep. We are proud to support the local suppliers of the area who share our passion for showcasing the stunning produce Connemara has to offer.

OUR LOCAL SUPPLIERS

Mc Geough's Butchers
Graham Roberts Smokehouse
Galway Farm Goat's Cheese
Doon Castle Oysters
Pat Conneely Local Fisherman
Jimmy's Seaweed Ice cream
Connemara Fisheries
Honey Produced in the Sands Hotel
Micil Distillery
Bridewell Brewery
Kinnegar Wines, Eilish & Seamus Ryan
Des Moran Butchers

12" STONE BAKED GOURMET PIZZAS

MARGHERITA	€14.00
Tomato Sauce, Gratinated Mozzarella (G wheat, CY)	
GALWAY GOAT'S FARM CHEESE	€16.00
Red Onion Marmalade, Tomato Sauce, Garlic Rocket Pesto (G wheat, M, N pine, SD)	
HOME BAKED HAM AND MUSHROOM	€15.00
Honey and Mustard Glazed Ham, Garlic & Thyme Roasted Mushrooms, Tomato Sauce and Gratinated Mozzarella (G wheat, M, SD)	
SPICY PEPPERONI	€15.00
Pepperoni Slices, Jalapeno Peppers, Tomato Sauce, Gratinated Mozzarella, Homemade Chili Oil (G wheat, M, CY)	
MEATY	€15.00
Slow Cooked Chicken, Home Baked Ham, Pepperoni Slices, Tomato Sauce, Gratinated Mozzarella (G wheat, M, CY, SD)	

SOMETHING SWEET

WARM BREAD AND BUTTER PUDDING	€8.00
Buttered Pastries, Vanilla Crème Anglaise, Jimmy's Seaweed Rum and Raisin Ice-Cream (G wheat, E, S, M, SD, L)	
RASPBERRY PANNA COTTA	€8.00
Vanilla Panna Cotta, Poached Raspberry Compote, Raspberry Gel, Pistachio Brittle (E, M, N pistachio, SD)	
DARK CHOCOLATE GANACHE TART	€9.00
Sweet Pastry Tart, Jimmy's Liqueur Seaweed Ice-Cream, Orange Mascarpone (G wheat, oats, barley, E, M, SD)	
JIMMY'S SEAWEED ICE-CREAM	€9.00
Rum and Raisin, Irish Whiskey, Orange Liqueur (G wheat, oats, barley, M, SD)	
IRISH FARMHOUSE CHEESE BOARD	€14.00
Mileens Cow's Cheese, Rockfield Sheep Cheese, Goat's Cheese, Cashel Blue Cheese, Artisan Crackers, Grapes and Homemade Chutneys (G wheat, C, M, SD)	

G: Gluten; C: Crustaceans; E: Eggs; F: Fish; P: Peanuts; S: Soybeans; M: Milk; N: Nuts; CY: Celery; MD: Mustard; SS: Sesame Seeds; SD: Sulphur Dioxide; L: Lupin; MS: Molluscs

