

# SANDS LUNCH

## 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*  
*Galway Bay Seafoods*  
*Moycullen Seafoods*  
*Honey Produced in the Sands Hotel*  
*Des Moran Butchers*  
*Jimmy's Seaweed Ice cream*  
*Micil Distillery*  
*Bridewell Brewery*  
*Kinnegar Wines, Eilish & Seamus Cryan*

## SOMETHING SWEET

### WARM HOMEMADE FRUIT SCONES

€7.00

Fruit Jam, Whipped Butter, Clotted Cream served with Tea

(G wheat, E, M, SD)

### WARM CHOCOLATE BROWNIE

€9.00

Vanilla Ice- Cream, Chocolate Sauce

(G wheat, E, S, M)

<b>FRENCH ONION SOUP</b>	€9.00
Caramelized Onions, Beef Broth, Gratinated Swiss Cheese, Sourdough Croutons (G wheat, M, CY, SD, S)	
<b>SLOW COOKED CHICKEN SALAD</b>	€12.00
Chargrilled Watermelon, Crumbled Goat Cheese, Toasted Pine Kernels, Fresh Rocket and Balsamic (M, N pine, MD, SD)	
<b>POTTED CHICKEN LIVER PATE</b>	€11.00
Apple Jelly, Rhubarb Chutney, Warm Toasted Brioche (G wheat, E, M, SD)	
<b>HAM AND CHEESE TOASTIE</b>	€13.50
Home Baked Honey & Mustard Glazed Ham, Melted Dubliner Cheddar, Sourdough, Spiced Tomato Relish, Skinny Fries (G wheat, M, MD, CY, SD)	

## 12" STONE BAKED GOURMET CRISPY PIZZAS

<b>MARGHERITA</b>	€16.50
Tomato Sauce, Gratinated Mozzarella (G wheat, M, CY, S)	
<b>GALWAY GOAT'S FARM CHEESE</b>	€17.00
Red Onion Marmalade, Tomato Sauce, Garlic Rocket Pesto (G wheat, M, N pine, CY, SD, S)	
<b>HOME BAKED HAM AND MUSHROOM</b>	€17.00
Honey and Mustard Glazed Ham, Garlic & Thyme Roasted Mushrooms, Tomato Sauce and Gratinated Mozzarella (G wheat, M, CY, MD, SD, S)	
<b>SMOKED SALMON</b>	€19.50
Irish Smoked Salmon, Lemon and Chive Cream Cheese Base, Red Onion, Rocket (G WHEAT, M, F, N PINE NUT, S)	
<b>SPICY MEAT-FEAST</b>	€18.50
Slow Cooked Chicken, Home Baked Ham, Pepperoni Slices, Jalapeños, Tomato Sauce, Gratinated Mozzarella (G wheat, M, N, CY, MD, SD, S)	

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

