

# SANDS LUNCH

## KILLARY MUSSELS €12.00

Steamed in a White Wine & Shallot Broth,  
Seaweed Garlic Butter, Crusty Sourdough Bread  
(G wheat, M, SD, MS)

## CREAM SOUP OF THE DAY €6.00

Homemade Brown Bread and Salted Butter  
(G wheat, E, M, CY, SD)

## CONNEMARA CHOWDER €8.00

Fresh & Smoked Fish from the Connemara  
Fisheries in a Fish Cream Soup with Vegetables  
and Herbs  
(G wheat, C, F, M, N pine, CY, SD, MS)

## HAM AND CHEESE TOASTIE €9.50

Home Baked Honey & Mustard Glazed Ham,  
Melted Dubliner Cheddar, Sourdough, Spiced  
Tomato Relish, Skinny Fries  
(G wheat, M, MD, CY, SD)

## CONNEMARA ARTISAN SHARING PLATTER FOR TWO €22.00

**Graham Roberts Smokehouse**, Organic Smoked  
Salmon, Salmon Gravlax, Peppered Mackerel, **Mc  
Geough's Butchers**, Air Dried Lamb, Pork and  
Beef  
Dean's Honey with Wholegrain Mustard  
Dressing, Homemade Lime Jam, Seaweed Butter,  
Served with Selection of Breads  
(G wheat, C, E, F, S, M, MD, SD, MS)

## SOMETHING SWEET

**WARM HOMEMADE FRUIT SCONES**  
Strawberry Jam, Butter, Whipped Cream served  
with Tea €5.00  
(G wheat, E, M, SD)

**DESSERT OF THE DAY** €9.00  
Please Inquire with your Server  
(G wheat, E, M)

## WARM CHICKEN CESAR SALAD €9.00

Slow Cooked Chicken Breast, Baby Gem Leaves, Crisp Bacon, Garlic Croutons,  
Shaved Parmesan, Light Yoghurt Cesar Dressing  
(G wheat, E, F, S, M, MD, SD)

## IRISH LAMB STEW €18.00

Traditional Irish Stew of Bernard Kings Lamb, Carrots, Celery, Spring Onion, Baby  
Potatoes and Fresh Herbs  
(G wheat, F, CY, SD)

## GRILLED IRISH BEEF BURGER €16.00

Melted Cheddar, Caramelized Onions, Pickled Cucumber Burger Sauce and Skinny  
Fries  
(G wheat, E, S, M, MD, SD)

## IRISH FARMHOUSE CHEESE BOARD €12.00

Mileen's Cow Cheese, Rosckfield Sheep Cheese, Cashel Blue Cheese, Artisan  
Crackers, Grapes and Chutney  
(G wheat, S, M, CY, SD)

## 12" STONE BAKED GOURMET CRISPY PIZZAS

### MARGHERITA €14.00

Tomato Sauce, Gratinated Mozzarella  
(G wheat, M, CY)

### GALWAY GOAT'S FARM CHEESE €16.00

Red Onion Marmalade, Tomato Sauce, Garlic Rocket Pesto  
(G wheat, M, N pine, CY, 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, CY, MD, SD)

### SPICY PEPPERONI €15.00

Pepperoni Slices, Jalapeno Peppers, Tomato Sauce, Gratinated Mozzarella,  
Homemade Chili Oil  
(G wheat, M, CY, SD)

### MEATY €15.00

Slow Cooked Chicken, Home Baked Ham, Pepperoni Slices, Tomato Sauce,  
Gratinated Mozzarella  
(G wheat, M, N, CY, MD, 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



