

SANDS DINNER

TO BEGIN

KILLARY MUSSELS €17.00

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

GRAHAM ROBERT'S ORGANIC SMOKED SALMON TART €13.50

Puff Pastry, Red Onion Jam, Baby Leaves,
Fried Capers, Lime Mascarpone
(G wheat, M, SD, F, E)

CONNEMARA CHOWDER €11.00

Fresh & Smoked Fish from Galway Bay, Shellfish
from the Killary, Lobster from Murvey in a
Fish Cream Soup with Vegetables and Herbs
(G wheat, C, E, F, M, N pine, CY, SD, MS)

TO BEGIN

GRILLED MONKFISH SKEWERS €15.00

Charred Baby Gem, Crisp Bacon, Spicy Parmesan Dressing
(E, M, F, MD, SD)

STUFFED IRISH LAMB NECK €15.00

Goats Cheese, Rocket and Charred Tomato Salsa
(M, CY, SD)

SLOW COOKED IRISH DUCK BREAST €15.00

Peking Glaze, Pine Nut Oil, Pickled Cucumber
(G wheat, M, MS, S, N pine, SD, SS, CY)

IRISH GOATS CHEESE SALAD €14.00

Chargrilled Watermelon, Toasted Pine Kernels,
Fresh Rocket and Balsamic
(M, N pine, MD, SD)

CONNEMARA SANDS BREAD PLATE TO SHARE €15.00

Selection of Home-Baked Breads, Seaweed Butter, Sun-Dried
Tomato Oil, Rocket Pesto, Chilli Oil, Hummus, Olive Tapenade
(G wheat, E, S, M, MD, SD, SS, S)

WHEN AVAILABLE

DOONCASTLE OYSTERS €18.00

½ doz Connemara Oysters Grilled on the Charcoal,
Lemon, Olive Oil, Shallot Vinaigrette
(G wheat, SD, M, MS)

BALLYCONNELLY LOBSTER PIE €18.00

Leek & Tarragon Cream Sauce, Lobster Bisque, Puff Pastry
(G wheat, C, CY, E, M, SD, MS)

HOUSE WHITE WINES

L'OR DE SUD

Chardonnay - France Glass €8.70
Peaches & Apricots, fresh fruit, clean finish Bottle €38.00

BONOTTO

Pinot Grigio - Italy Glass €9.20
Tropical fruits with hints of lemon and pineapple Bottle €39.00

GAYDA T'AIR D'OC

Sauvignon Blanc - France Glass €8.70
Citrus fruits, crisp palate, good acidity, clean finish Bottle €38.00

HOUSE RED WINES

BUJANDA RIOJA

Tempranillo - Spain
Intense flavour of plums, raisins and dates,
vanilla, mocha, and cream on the palate with
mineral and spice underlay Glass €8.90
Bottle €38.50

L'OR DE SUD

Merlot - France Glass €8.80
Aromas of plums and vanilla. Bramble,
damson fruit and smooth tannins on the finish Bottle €38.00

VENTOUX

Syrah, Grenache - France Glass €8.90
Wonderuff blend of Syrah, Grenache. Aromas of black fruit, spice and a hint of pepper Bottle €38.50

MAIN COURSE

ROASTED SUPREME OF IRISH CHICKEN BREAST	€27.50
Fresh Tagliatelle, Parmesan Cream, Charred Broccoli, Lemon oil (G wheat, E, M, CY, SD)	
CHARGRILLED FILLET OF HEREFORD BEEF	€43.00
Roasted Truffle Carrots, Rocket & Parmesan Salad, Mushroom Cream (M, CY, SD)	
BRAISED IRISH LAMB SHOULDER	€28.50
Crushed Swede & Carrot, Mint Honey, Roasted Garlic, Sea Salted Roast Potatoes, Pinot Noir Jus (M, S, CY, SD)	
MORAN'S CHARCOAL GRILLED BEEF BURGER	€20.00
Melted Cheddar, Caramelized Onions, Pickled Cucumber Burger Sauce, Toasted Brioche Bun, Crisp Fries, Homemade Ketchup (G wheat, E, M, MD, CY, SD)	
BUTTER ROASTED SCALLOPS	€33.00
Celeriac Purée, Pickled Celeriac, Charred Sugar Snaps, Ham Crisps, Hazelnut Butter, Sea-salted Roast Potatoes (F, M, SD, N hazel, MS, CY)	
SLOW COOKED ORGANIC IRISH SALMON	€28.50
Almond Crust, Sautéed Baby Spinach, Scallion and Ginger Dressing, Sea-salted Roast Potatoes (G wheat, F, M, SD, N Almond)	
FISH N' CHIPS	€22.00
Bridewell Battered Atlantic Cod, Minted Crushed Peas, Truffle Honey Drizzles, Lemon, Crisp Fries, Home Pickled Cucumber Tar Tar (G wheat, E, F, M, MD, SD)	

TO ACCOMPANY

TRIPLE COOKED CHIPS	€6.00
Truffle Vinegar and Parmesan (M, SD)	
ROAST BABY POTATOES	€6.00
Duck Fat, Rosemary & Sea Salt	
BABY LEAF SALAD	€6.00
Cherry Tomatoes, Red Onion and Balsamic (SD)	
ROAST VEGETABLES	€6.00
Maple Drizzles	

SOMETHING SWEET

WARM BREAD AND BUTTER PUDDING	€9.00
Buttered Pastries, Vanilla Crème Anglaise, Jimmy's Seaweed Rum and Raisin Ice-Cream (G wheat, E, S, M, SD)	
RASPBERRY PANNA COTTA	€9.50
Vanilla Panna Cotta, Poached Raspberry Compote, Raspberry Gel, Pistachio Brittle (M, N pistachio, SD)	
DARK CHOCOLATE MOUSSE CAKE	€9.50
Orange Mascarpone, Salted Whiskey Butterscotch (G barley, E, M, SD)	
BAKED VANILLA CHEESECAKE	€9.50
Blueberry Compote (G wheat, E, M)	
IRISH FARMHOUSE CHEESE BOARD	€16.50
Mileens Cow's Cheese, Hegarty's Cheddar, Galway Goat's Cheese, Cashel Blue Cheese, Artisan Crackers, Grapes, Plum and Apple Chutney, Dean's Honey (G wheat, M, SS, SD, N Almonds)	

ALL PRICES INCLUDE VAT
SERVICE CHARGE NOT INCLUDED

TIPS - GRATUITIES

100% of tips and gratuities both cash and electronic are pooled and distributed fairly and transparently to all staff members using the following criteria
Seniority, value of sales or revenue generated, full/part-time worker, the role in delivering the service. Please note that ALL tips are discretionary and are given in addition to a fair and legal wage.

Traces of all allergens can be found in the kitchen. Please advise your server of any dietary requirements.
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



CONNEMARA SANDS

HOTEL · RESTAURANT · BEACH · SPA



OUR LOCAL SUPPLIERS

Graham Roberts Smokehouse

Doon Castle Oysters

Connemara Fisheries

Killary Harbour Shellfish

Pat Conneely Local Fisherman

Galway Bay Seafoods

Galway Goats Farm Goats Cheese

Honey Produced in the Sands Hotel

Des Moran Butchers

Jimmy's Seaweed Ice cream

Micil Distillery

Bridewell Brewery

Kinnegar Wines, Eilish & Seamus Cryan

Velvet Cloud Sheeps Milk & Yogurt

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.



Head Chef Sinead Quinn