

SANDS TO GO

AVAILABLE FOR LUNCH

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)

WARM HOMEMADE FRUIT SCONES

Strawberry Jam, Butter, Whipped Cream €4.00

(G wheat, E, M, SD)

OUR PACKAGING

At the Sands we strive to be Eco friendly and protect our beautiful surroundings, therefore where possible we use recyclable/compostable packing for all our take-away menu items

SOMETHING SWEET

AVAILABLE ALL DAY

DESSERT OF THE DAY

Please Inquire with server €8.00

(G wheat, E, M, SD)

CHOCOLATE BROWNIE €8.00

Freshly Whipped Cream, Chocolate Sauce

(G wheat, E, M)

AVAILABLE ALL DAY

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)

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)

CHARCOAL GRILLED IRISH BEEF BURGER

€18.00

Melted Cheddar, Caramelized Onions, Pickled Cucumber Burger Sauce, Toasted Pretzel Bun

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

FISH N' CHIPS (AVAILABLE FROM 60'CLOCK)

€18.00

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

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

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

