

• SANDS DINNER •

TO BEGIN

KILLARY MUSSELS

€18.00

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

€14.50

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

CONNEMARA CHOWDER

€12.00

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

GRILLED MONKFISH SKEWERS

€16.00

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

SMOKED MACKEREL PATE

€12.00

Crisp Bread, Pear and Horseradish Relish, Burnt Lemon
(Gluten wheat, M, F, MD, S, S.S, SD)

SLOW COOKED IRISH DUCK BREAST

€16.00

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

IRISH GOATS CHEESE & QUINOA SALAD

€15.00

Baby Leaves, Olives, Sunkissed Tomatoes, Almonds, Lemon Dressing
(M, MD, N almonds, SD)

TO SHARE

CONNEMARA SANDS BREAD PLATE

€17.00

Selection of Home-Baked Breads, Seaweed Butter,
Black Olive Tapenade, Rocket Pesto, Olive Oil, Balsamic
(G wheat, E, S, M, MD, SD, S)

WHEN AVAILABLE

DK OYSTERS

€20.00

Fresh 1/2 dozen, Lemon, Olive Oil, Shallot Vinaigrette
(G wheat, M, SD, MS)

BALLYCONNELLY LOBSTER PIE

€18.50

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

MAINS

ROASTED SUPREME OF IRISH CHICKEN BREAST

€28.50

Fresh Tagliatelle, Parmesan Cream, Charred Broccoli, Lemon Oil
(G wheat, E, M, CY, S, SD)

WINE PAIRING *L'or Du Sud, Chardonnay, France*
Peaches & apricots, fresh fruit, clean finish.

Glass €9.90

CHARGRILLED FILLET OF HEREFORD BEEF

€50.00

Creamed Potatoes, Charred Broccoli, Peppercorn Sauce
(M, CY, SD)

WINE PAIRING *Finca Sopenia Reserve-Malbec, Argentina* Glass €12.50
A fresh, medium-bodied wine with fine tannins and good acidity

BRAISED IRISH LAMB SHOULDER

€29.50

Crushed Swede & Carrot, Mint Honey, Roasted Garlic,
Sea Salted Roast Potatoes, Pinot Noir Jus
(M, S, CY, SD)

WINE PAIRING *Marlborough Forrest Estate, Pinot Noir, NZ* Glass €14.50
Rich fruit, cocoa and lavender, this wine is poised and cheerful.

MORAN'S CHARCOAL GRILLED BEEF BURGER

€22.00

Melted Cheddar, Pickled Cucumber Burger Sauce,
Toasted Brioche Bun, Crisp Fries, Homemade Ketchup
(G wheat, E, M, MD, CY, SD)

WINE PAIRING *Black Pearl, Mischief Maker, South Africa*
Medium to full bodied with wild berry and fruit aromas.

Glass €11.90

BUTTER ROASTED SCALLOPS

€35.00

Celeriac Purée, Pickled Celeriac, Charred Sugar Snaps,
Ham Crisps, Hazelnut Butter
(F, M, C, SD, N hazel)

WINE PAIRING *Bodegas Castro Martin, Albarino, Spain* Glass €13.00
Pear and peach. Citrus finish. Salt minerals great for seafood.

ORGANIC IRISH SALMON

€29.50

Soya and Honey Glaze, Toasted Sesame,
Charred Bok Choy, Yuzu Cream
(G wheat, F, S, S.S, SD)

WINE PAIRING *Michele Biancardi, Organic Fiano, Italy* Glass €12.50
Plump peachy fruits, touch of honey and spice

FISH N' CHIPS

€24.50

Bridewell Battered Cod from Galway Bay, Minted Crushed Peas,
Truffle Honey Drizzles, Lemon, Crisp Fries, Home Pickled Cucumber Tar Tar
(G wheat, E, F, M, MD, SD)

WINE PAIRING *Gayda T'Air D'oc, Sauvignon Blanc, France* Glass €9.90
Citrus fruits, crisp palate, good acidity & clean finish.

TO ACCOMPANY

TRIPLE COOKED CHIPS €7.00

Truffle Vinegar and Parmesan
(M, SD)

ROAST BABY POTATOES €7.00

Duck Fat, Rosemary & Sea Salt

BABY LEAF SALAD €7.00

Cherry Tomatoes, Red Onion and Balsamic
(SD)

ROAST VEGETABLES €7.00

Maple Drizzle
(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

- Graham Roberts Smokehouse
- DK Oysters
- Connemara Fisheries
- Killary Harbour Shellfish
- Pat Conneely Local Fisherman
- Galway Bay Seafoods
- Honey Produced in the Sands Hotel
- Des Moran Butchers
- Jimmy's Seaweed Ice-cream
- Micil Distillery
- Connemara Brewery, Carraroe
- Kinnegar Wines, Eilish & Seamus Cryan



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.

ALLERGENS

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

HOUSE WINES

WHITE WINES

L'OR DU SUD – CHARDONNAY FRANCE GLASS €9.90
Peaches & apricots, fresh fruit, clean finish. BOTTLE €39.90

BONOTTO – PINOT GRIGIO ITALY GLASS €10.20
Tropical fruits with hints of lemon and pineapple. BOTTLE €41.00

GAYDA T'AIR D'OC – SAUVIGNON BLANC FRANCE GLASS €9.90
Citrus fruits, crisp palate, good acidity & clean finish. BOTTLE €41.00

MICHELE BIANCARDI - ORGANIC FIANO ITALY GLASS €12.50
Plump peachy fruits, touch of honey and spice. BOTTLE €53.00

BODEGAS CASTRO MARTIN - ALBARINO SPAIN GLASS €13.00
Pear and peach. Citrus finish. Salt minerals great for seafood. BOTTLE €54.50

RED WINES

BUJANDA RIOJA – TEMPRANILLO SPAIN GLASS €9.90
Intense flavour of plums, raisins and dates. Vanilla, mocha and cream on the palate with mineral and spice underlay. BOTTLE €39.90

L'OR DU SUD – MERLOT FRANCE GLASS €9.90
Aromas of plums and vanilla. BOTTLE €39.90
Bramble, damson fruit and smooth tannins on the finish.

ROGER SABON COTES DU RHONE SYRAH, GRENACHE, MOUVERDRE - FRANCE GLASS €10.50
Black & red fruits, full body, lovely spicy & peppery balance. BOTTLE €42.00

BLACK PEARL – MISCHIEF MAKER SOUTH AFRICA GLASS €11.90
Medium to full bodied with wild berry and fruit aromas. BOTTLE €50.50
Firm yet supple tannins leading to a fruity and spicy finish. Predominantly Syrah.

FINCA SOPHENIA RESERVE- MALBEC ARGENTINA GLASS €12.50
The nose shows red berries and some spices with good ripeness. The palate is fresh, medium bodied, BOTTLE €51.50
has fine tannins and good acidity.

MARLBOROUGH FORREST ESTATE PINOT NOIR NZ GLASS €14.50
Rich fruit, cocoa and lavender, this wine is poised BOTTLE €60.00
and cheerful. Earthy nose underneath the pretty aromatics, with delicate cranberries and cherries on a sweet-savoury palate, then hints of coffee on the finish

SPARKING WINES

JN SPARKLING NV GLASS €12.00
A high proportion of Chenin Blanc lends this BOTTLE €61.00
sparkler a lovely richness and lots of ripe apple and white floral flavours with a hint of honey.

LA SOURCE ROSE (ORGANIC) FRANCE GLASS €11.50
Red current, raspberry and yellow peach flavours. BOTTLE €51.00
Organically produced by Chateau Vignelaure, in Provence.

OUR HEAD CHEF

SINEAD QUINN

Head chef Sinead Quinn is a native of Limerick, Ireland. She graduated from GMIT with the Panel of Chefs Award. Proud to support young local talent and local suppliers. It's her 9th season at the Connemara Sands Hotel.