

• S A N D S D I N N E R •

FOR THE TABLE

CONNEMARA SANDS BREAD PLATE €17

Selection of home baked breads, seaweed butter, black olive tapenade, oils and balsamic
(G wheat, E, S, M, MD, SD, S)

GREENS & GRAINS

ROASTED RED PEPPER SOUP (VEGAN) €8

Chilli oil drizzles

IRISH GOAT'S CHEESE TART €11

Homemade red onion marmalade, balsamic glaze

LEMON & SUGAR SNAP RISOTTO €12

Creamy arborio rice, lemon zest, crunchy sugar snaps

PEA & SHALLOT RAVIOLI (VEGAN) €16

Sauteed baby spinach, balsamic glaze

LENTIL Bolognese (Vegan) €15

Spaghetti, rich tomato & herb sauce

CHARRED SOURDOUGH PIZZA SLICE €8

Slow roasted plum tomatoes, Irish goat's cheese and rocket pesto

GOAT'S CHEESE AND CHARRED WATERMELON SALAD €12

Fresh rocket, pinenuts and balsamic

SIGNATURE SHARING PLATES

(PLEASE ALLOW 30 MINUTES)

CHARGRILLED HEREFORD BEEF FILLET €80

Charred tender stem broccoli, triple cooked chips, peppercorn sauce, salsa Verde, garlic and herb butter

SLOW COOKED IRISH LAMB RACK €65

Baby roasted potatoes, thyme roasted carrots, salsa Verde, red wine jus, minted honey

FISH OF THE DAY

Potato salad, roasted vegetables, lime crème fraîche, garlic & herb butter, lemon

BAKED CAMEMBERT €15

Artisan crackers, candied walnuts, pickles, red grapes, apple and plum chutney

THE COAST & FIELD

GRAHAM ROBERTS ORGANIC SMOKED SALMON €16

Crisp puff pastry, lime mascarpone, red onion jam
(G wheat, M, SD, F)

KILLARY HARBOUR MUSSELS €15

White wine & shallot broth, finished with seaweed butter
(G wheat, M, SD, MS)

DK CONNEMARA OYSTERS €20

Freshly shucked, shallot vinaigrette, extra virgin olive oil
(G wheat, M, SD, MS)

TRUFFLED BEER BATTERED MONKFISH €17

Minted peas, pickled cucumber tar tar
(G wheat, E, F, M, MD, SD)

BUTTERED SEARED SCALLOPS €20

Pickled celeriac, Toasted Hazelnut, coriander butter
(F, M, C, SD, N hazel)

MARINATED ORGANIC SALMON €22

Soy & honey glaze, chili crème fraîche, pickled ginger
(G wheat, F, S, S.S, SD)

MANIN BAY LOBSTER PIE €18.50

Crisp puff pastry, leek & tarragon cream sauce
(G wheat, C, CY, E, M, SD, MS)

BREADED CALAMARI €15

Spicy lime crème fraîche and burnt lemon

SMOKED MACKEREL PATE €13

Pear & horseradish relish, burnt lemon
(Gluten wheat, M, F, MD, S, S.S, SD)

ROASTED SUPREME OF IRISH CHICKEN BREAST €16

Citrus slaw, lime & smoked paprika crème fraîche
(G wheat, E, M, CY, S, SD)

MORAN'S CHARCOAL GRILLED BEEF BURGER €17

Melted cheese, pickled cucumber burger sauce, toasted brioche bun
(G wheat, E, M, MD, CY, SD)

BRAISED PORK BELLY AND CRACKLING €16

Ginger & soy glaze, honey & lime spicy dipping sauce

SLOW BRAISED LAMB SHOULDER €20

Pinot noir jus, minted honey
(M, S, CY, SD)

MARINATED FLANK STEAK €20

Whiskey Glaze, Chimichurri

POA

IRISH VENISON SHEPARD'S PIE €20

Topped with Hegarty cheese & creamed potato crust

CURED HAM & PARMESAN SHAVINGS €16

Pickled cucumber, toasted hazelnuts and apple jam butter, lemon

TO ACCOMPANY

TENDER STEM BROCCOLI	€7
Gratinated with parmesan, truffle and lemon zest	
THYME ROASTED CARROTS	€7
Roasted garlic and maple drizzles	
TRIPLE COOKED CHIPS & DIPS	€8
Garlic & lemon mayo, homemade ketchup	
ROASTED BAKED POTATOES	€7
Roasted in garlic herbs and duck fat	
GARLIC SOURDOUGH PIZZA BREAD	€6
Homemade garlic & herb butter, garlic confit	
CRUSTY SOURDOUGH	€6
Toasted in extra virgin olive oil	
STICKY RICE AND PICKLED VEGETABLE SALAD	€7
Soy, honey & ginger dressing	

OUR MENU & LOCAL SUPPLIERS

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.



- 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

Traces of all allergens can be found in the kitchen

HOUSE WINES

WHITE WINES

L'OR DU SUD - CHARDONNAY FRANCE
Peaches & apricots, fresh fruit, clean finish.

GLASS €9.90
BOTTLE €39.90

BONOTTO - PINOT GRIGIO ITALY
Tropical fruits with hints of lemon and pineapple.

GLASS €10.20
BOTTLE €41.00

GAYDA T'AIR D'OC - SAUVIGNON BLANC FRANCE
Citrus fruits, crisp palate, good acidity & clean finish.

GLASS €9.90
BOTTLE €41.00

MICHELE BIANCARDI - ORGANIC FIANO ITALY
Plump peachy fruits, touch of honey and spice.

GLASS €12.50
BOTTLE €53.00

BODEGAS CASTRO MARTIN - ALBARINO SPAIN
Pear and peach. Citrus finish. Salt minerals great for seafood.

GLASS €13.00
BOTTLE €54.50

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 €9.90
BOTTLE €39.90

L'OR DU SUD - MERLOT FRANCE
Aromas of plums and vanilla. Bramble, damson fruit and smooth tannins on the finish.

GLASS €9.90
BOTTLE €39.90

ROGER SABON COTES DU RHONE SYRAH, GRENACHE, MOUVERDRE - FRANCE
Black & red fruits, full body, lovely spicy & peppery balance

GLASS €10.50
BOTTLE €42.00

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

GLASS €11.90
BOTTLE €50.50

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

GLASS €12.50
BOTTLE €51.50

MARLBOROUGH FOREST ESTATE PINOT NOIR NZ
Rich fruit, cocoa and lavender, this wine is poised 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

GLASS €14.50
BOTTLE €60.00

ROSE & SPARKLING WINES

JN SPARKLING NV

GLASS €12.00
BOTTLE €61.00

A high proportion of Chenin Blanc lends this 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
BOTTLE €51.00

Red current, raspberry and yellow peach flavours. Organically produced by Chateau Vignelaure, in Provence.

JN SPARKLING ROSE NV

GLASS €12.00
BOTTLE €61.00

A high proportion of Chenin Blanc lends this sparkler a lovely richness and lots of ripe apple and white floral flavours with a hint of honey.

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. She is proud to support young local talent and local suppliers. It's her 10th season at the Connemara Sands Hotel.