

# • SANDS DINNER •

## 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, N pine)

## GREENS & GRAINS

**ROASTED RED PEPPER SOUP (VEGAN)** €8  
*Chilli oil drizzles*  
(G wheat, CY, SD)

**IRISH GOAT'S CHEESE TART** €12  
*Homemade red onion marmalade, balsamic glaze*  
(G wheat, E, M, CY, S, SD, N pine)

**LEMON & SUGAR SNAP RISOTTO** €15  
*Creamy arborio rice, lemon zest, crunchy sugar snaps*  
(M, CY)

**PEA & SHALLOT RAVIOLI (VEGAN)** €12  
*Sauteed baby spinach, balsamic glaze*  
(G wheat, N pine, CY, SD)

**LENTIL BOLOGNESE (VEGAN)** €12  
*Spaghetti, rich tomato & herb sauce*  
(G wheat, CY, SD, S, S.S)

**CHARRED SOURDOUGH PIZZA SLICE** €12  
*Slow roasted plum tomatoes, Irish goat's cheese and rocket pesto*  
(G wheat, M, CY, N pine, SD)

**GOAT'S CHEESE AND CHARRED WATERMELON SALAD** €12  
*Fresh rocket, pinenuts and balsamic*  
(M, N pine, SD)

## THE COAST & FIELD

**GRAHAM ROBERTS ORGANIC SMOKED SALMON** €16  
*Crisp puff pastry, lime mascarpone, red onion jam*  
(G wheat, M, SD, F, E)

**KILLARY HARBOUR MUSSELS** €13  
*White wine & shallot broth, sourdough, finished with seaweed butter*  
(Gluten wheat, SD, MS)

**DK CONNEMARA OYSTERS** €20  
*Freshly shucked, tarragon shallot vinaigrette*  
(M, SD, MS)

**TRUFFLED BEER BATTERED COD** €19  
*Minted peas, pickled cucumber tar tar*  
(G wheat, E, F, M, SD)  
WINE PAIRING *Bodegas Castro Martin - Albarino* GLASS €13.00  
SPAIN BOTTLE €54.50  
*Pear and peach. Citrus finish. Salt minerals great for seafood.*

## THE COAST & FIELD

**BUTTERED SEARED SCALLOPS** €20  
*Pickled celeriac, Toasted Hazelnut, coriander butter*  
(M, SD, N hazel)

WINE PAIRING *Michele Biancardi - Organic Fiano* GLASS €12.50  
Italy BOTTLE €53.00  
*Plump peachy fruits, touch of honey and spice.*

**MARINATED ORGANIC SALMON** €22  
*Soy & honey glaze, chili creme fraiche, pickled ginger*  
(G wheat, F, S, S.S, SD, M)

**MANNIN BAY LOBSTER PIE** €18.50  
*Crisp puff pastry, leek & tarragon cream sauce*  
(G wheat, C, CY, E, M, SD, MS)

WINE PAIRING *L'or Du Sud - Chardonnay* France GLASS €9.90  
*Peaches & apricots, fresh fruit, clean finish.* BOTTLE €39.90

**BREADED CALAMARI** €12  
*Spicy lime creme fraiche and burnt lemon*  
(G wheat, M, CY, MS)

**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 creme fraiche*  
(M)

**MORAN'S CHARCOAL GRILLED BEEF BURGER** €17  
*Melted cheese, pickled cucumber burger sauce, toasted brioche bun*  
(Gluten wheat, E, M, MD, CY, SD)

**BRAISED PORK BELLY AND CRACKLING** €15  
*Ginger & soy glaze, honey & lime spicy dipping sauce*  
(Gluten wheat, S, SD)

**SLOW BRAISED LAMB SHOULDER** €22  
*Pinot noir jus, minted honey*  
(M, CY, SD)

WINE PAIRING *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*

**MARINATED FLANK STEAK** €22  
*Salsa Verde*  
(Gluten wheat, F, M, S, SD)

WINE PAIRING *Bujanda Rioja - Tempranillo* Spain GLASS €9.90  
*Intense flavour of plums, raisins and dates. Vanilla,* BOTTLE €39.90  
*mocha and cream on the palate with mineral and spice underlay.*

**IRISH VENISON SHEPARD'S PIE** €20  
*Topped with Hegarty cheese & creamed potato crust*  
(M, CY, MD, SD, F)

**PAN ROASTED CRAB CLAWS** €25  
*Corriander and hazelnut butter, fresh lemon, brown bread*  
(Gluten wheat, C, N Hazel, SD, SS)

## TO ACCOMPANY

- TENDER STEM BROCCOLI** €7  
Gratinated with parmesan, truffle and lemon zest  
(M, SD)
- THYME ROASTED CARROTS** €7  
Roasted garlic and maple drizzles
- TRIPLE COOKED CHIPS & DIPS** €8  
Garlic & lemon mayo, homemade ketchup  
(E, M, MD, CY, SD)
- ROASTED BAKED POTATOES** €7  
Roasted in garlic herbs and duck fat
- GARLIC SOURDOUGH PIZZA BREAD** €6  
Homemade garlic & herb butter, garlic confit  
(Gluten wheat, M)
- CRUSTY SOURDOUGH** €6  
Toasted in extra virgin olive oil  
(Gluten wheat)
- STICKY RICE AND PICKLED VEGETABLE SALAD** €9  
Soy, honey & ginger dressing  
(Gluten wheat, S, S.S, SD)

## 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

- PODERE DON CATALDO, PRIMITIVO PUGLIA** ITALY  
Concentrated raisin, sultana, dried fig character with suggestions of coffee and cocoa. The pallet is full and the texture is silky smooth. GLASS €10.50 BOTTLE €49.00

- 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 FORREST 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**  
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. GLASS €12.00 BOTTLE €61.00
- LA SOURCE ROSE (ORGANIC)** FRANCE  
Red current, raspberry and yellow peach flavours. Organically produced by Chateau Vignelaure, in Provence. GLASS €11.50 BOTTLE €51.00
- JN SPARKLING ROSE NV**  
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. GLASS €12.00 BOTTLE €61.00

## 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 10<sup>th</sup> season at the Connemara Sands Hotel.