

## Sandwiches & Wraps

<b>Chicken Caesar Wrap</b> Chicken fillets Caesar salad croutons and parmesan shavings	€6.95
<b>Spiced Chicken Tortilla</b> With grilled vegetables and sweet chilli sauce	€6.95
<b>Croque Monsieur</b> Toasted Limerick ham & Gruyère cheese sandwich with Béchamel sauce served with chips	€6.50
<b>Croque Madam</b> Toasted Limerick ham, Gruyère cheese & fried free range egg sandwich with Béchamel sauce served with chips	€7.00
<b>Bacon Butty</b> Grilled bacon, lettuce, brie & tomato relish Served on toasted corn bread with chips	€9.50
<b>Steak Sandwich</b> Irish steak on ciabatta with sauté onions, dijonnaise, rocket & tomato relish, served with chips	€10.50
<b>Strand Club Sandwich</b> Bacon, egg, lettuce, tomato, chicken & chips	€13.50
<b>Abington Smoked Salmon Sandwich</b> Homemade soda bread	€9.50
<b>Make your own Sandwich</b> Freshly Cut Sandwich on: Crusty white/multi-seed brown/toasted Panini/tortilla wrap Choose any Filling: Limerick Baked Ham/Roast Beef/Chicken With any 3 of the following: Cheese/Lettuce/Tomato/Onion/Cucumber/Peppers Any additional filling	€6.50       €0.50

## Afternoon Tea

<b>The Strand Afternoon Tea (Available from 2-4pm Daily)</b> Selection of freshly cut sandwiches Miniature afternoon tea pastry selection Homemade Scones with jam & fresh cream With your choice of freshly brewed Tea or Coffee	Per person €12.00
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## Soups

<b>Chef's Freshly Made Soup</b> Crusty roll & butter	€4.95
<b>The Strand Seafood Chowder</b> Served with homemade soda bread	€5.95

## Salads

<b>Fresh potted Chicken liver pate</b> With Cumberland sauce & Melba toast	€7.95
<b>Thai Fishcake</b> Seasonal leaves, Szechuan dressing	€7.95
<b>Chicken Caesar Salad</b> Classic dressing, croutons, lardons	Small portion €7.95 Large portion €12.95

## Sides

<b>Chips</b>	€3.00
<b>Home Cut Chips</b>	€3.00
<b>Seasonal leaves</b>	€3.00
<b>Sauté Mushrooms</b>	€3.00
<b>Mashed Potato</b>	€3.00
<b>Steamed Vegetables</b>	€3.00
<b>Sautéed Onions</b>	€3.00
<b>Onion Rings</b>	€3.00

## Main Courses

<b>Chef's Dish for the Day</b> Please ask your server.	€11.95
<b>Bangers &amp; Mash</b> Scallion mash & onion gravy <i>(Old fashioned Handmade sausage by Caroline Rigney of Curraghchase)</i>	Starter portion €6.95 Main Portion €13.50
<b>Spaghetti Bolognese</b>	€11.50
<b>Golden Catch of the Day</b> Battered fresh cod fillet, home cut chips, mushy peas & tartar sauce	€14.50
<b>Wild Mushroom &amp; Asparagus Risotto V</b> Parmesan basket, seasonal leaves	€13.50
<b>Pan Fried Supreme of Irish Chicken</b> Sauté greens, black pudding & button mushroom, mashed potato & thyme gravy	€14.95
<b>Homemade Beef Lasagne</b> Served with seasonal salad and Chips	€14.95
<b>Thai Red Chicken Curry with Coconut Milk</b> Stir fried vegetables and basmati rice Also available with Prawns or 1/2 & 1/2	€15.50 €16.50
<b>8oz Rump Steak Burger</b> Brie cheese, country relish, bacon & chips	€13.50
<b>Char Grilled 8oz Rib Eye Steak</b> Served with chips, seasonal leaves, pepper sauce	€17.50

## Desserts

<b>Chefs Recommendation</b> Please ask your server	€5.00
<b>Gluten Free Dessert of the Day</b>	€6.50
<b>Banoffi Pie</b> Toffee sauce	€5.50
<b>Warm Apple and Berry Crumble</b> Anglaise sauce	€5.50
<b>Fresh Fruit Salad</b>	€4.95
<b>Pavlova (Gluten free)</b> With fresh cream and seasonal fruit	€5.50
<b>Tart of the Day</b> Fresh Irish cream	€5.50
<b>Warm Chocolate &amp; Nut Brownies</b> With whipped Cream	€5.50
<b>Chocolate or Blueberry Muffin</b>	€2.95
<b>Homemade Cookies</b>	€1.50
<b>Freshly Baked Scones or Danish Pastries</b>	€3.00
<b>Tea or Coffee &amp; Fresh Scone</b> Served with fresh cream, butter and homemade jam	€5.00
<b>Tea or Coffee &amp; Pastry Chefs Recommendation</b> Please ask your server	€7.00
<b>Homemade Truffles or Fanciers</b>	75c
<b>Ice Cream Scoop</b> (Available as part of portioned dessert)	75c

## Dietary Requirements

For those with special dietary requirements or allergies who may wish to know about food ingredients used, please ask the manager.

V Vegetarian



# River Restaurant Strand

## Lunch Menu

### Our Kitchen Statement



**“Our menu reflects a passion for high quality locally grown produce. We partner with local farms and dairies where ever possible to source the finest fresh ingredients which allows us to take pride in our unique menu”**

The lettuce for our salads is hand-cut (local organic when available) and washed in small batches as needed—not from a bag.

Soups, sauces and dressings are made fresh from our own recipes, most of which are gluten free, we do not add MSG to any of our recipes.

All our pastries and breads are baked daily by our in house pastry chef.

Our mashed potatoes are made only from fresh local Irish potatoes at least twice daily so you may find a lump or two because they're real. We always use fresh vegetables in season.

We use only the finest, freshest Irish meats for our grilled steaks, burgers and sandwiches; starting with fresh whole meats whenever possible putting none of it to waste. For example whole fresh Irish chickens are broken down and the bones are roasted to make soups, stocks and sauces. (We strongly discourage the use of pre-produced bases for our stocks.)

All our grill items are cooked to order 'a la minute' and not in advanced. Please allow time for well done meats.

Bon Appetit!

Tom Flavin

Executive Chef

### Takeaway Desserts

	Individual Portion	Whole Cake
<b>Pastry Chefs Recommendation</b> Please ask your server	€4.00	
<b>Banoffee Pie</b>	€4.40	€25.00
<b>Warm Apple and Wild Berry Crumble</b>	€4.40	€25.00
<b>Pavlova</b> With fresh cream and seasonal fruit	€4.40	€25.00
<b>Tart of the Day</b>	€4.40	€25.00
<b>Box Selection of Fanciers &amp; Homemade Truffles</b> Chose your own selection of eight items	€4.80	
<b>Pandora Bell Lollies</b>	€3.00	
<b>Kylemore Abbey Jams</b>	€3.00	

(Please allow a minimum of 24 hours notice for whole cakes and a 20% deposit required)

#### Pónaire Costa Rica Blend (roasted in Limerick)

A delicious blend of medium-roasted premium shade-grown Costa Rica beans and the intensity of darker roasted Columbian Supremo - 'La Manuela Farm' - UTZ certified beans. The beans are roasted separately to ensure full development of their unique characteristics and then blended to create a well balanced coffee. This blend is smooth with earthy and fruit nuances. Pónaire custom roasts coffee in small batches and hand blends to acquire the finest flavours.

**Pónaire (Irish for bean)** was started in 2006 by Tommy and Jennifer Ryan

(UTZ certification ensures socially, environmentally and financially ethically grown and traded coffees.)

### Hot Beverages

	Bewleys	Pónaire
<b>Americano</b> Espresso topped up with hot water	€2.95	€3.25
<b>Cappuccino</b> Full bodied espresso topped with smooth textured milk and a light sprinkling of chocolate	€3.50	€3.80
<b>Café Latte</b> A strong espresso layered into a glass of frothy milk	€3.50	€3.80
<b>Vanilla Latte</b> A latte kissed with a hint of vanilla	€3.70	€4.00
<b>Mocha</b> Latte with a shot of sweet dark chocolate sauce	€3.70	€4.00
<b>Espresso</b> A shot of very strong robust coffee	€2.95	€3.25
<b>Double Espresso</b>	€3.95	€4.25
<b>Macchiato</b> Combining espresso & frothed milk	€3.00	€3.30
<b>Caramel Macchiato</b> Combining espresso, vanilla & frothed milk Topped with a sweet caramel syrup	€3.90	€4.20
<b>Hot Chocolate</b> Topped with marshmallows	€3.50	
<b>Traditional Tea</b> African kipper teas, rich golden colours & full bodied flavours	€2.95	