

THE BAY *Bistro*

Beginning

CHEF'S CHOICE SOUP (V) ⁷

Served with Homemade Guinness, Treacle Brown Bread.

€7.50

WILD ATLANTIC WAY CHOWDER ^{2, 4, 7, 9, 10, 11, 12}

A Selection of the Freshest Fish & Prawns from our own doorstep, served in a Creamy White Wine & Fish Velouté.

€10.50

WINGING IT YOUR WAY ^{3, 6, 7, 8, 9, 11, 12, 13, 14}

Crispy, Meaty Chicken Wings coated in your choice of our Homemade Sauces. Sticky BBQ, Buffalo Hot Sauce or Garlic Parmesan, topped with Sesame Seeds, Green Onion & served with Creamy Ranch Dressing & Crunchy Celery Sticks.

€10.95

BLUEBELL FALLS GOATS CHEESE SALAD (V) ^{1, 3, 7, 12}

Golden Fried Breaded Goats Cheese served on a bed of Salad, Pearl Couscous, Roast Asparagus Tips, Sundried Tomatoes, Chickpeas & Citrus Dressing.

€11.95

KENMARE BAY SEAFOOD CROQUETTE ^{1, 2, 3, 4, 7, 10, 14}

Panko Crusted Croquette stuffed with Salmon, Cod, Prawns, Smoked Haddock, Crab Meat, Potato & Dill, in a sea of Champagne, Lemon & Chive Beurre Blanc.

€12.95

FOUR SEASONS FLATBREAD ^{1, 3, 7}

Garlic & Coriander Flatbread, Tomato & Basil Sauce, topped with Chorizo, Salami, Roasted Cherry Tomatoes, Caramelised Onion & Scamorza Cheese.

€10.95

SUPER DUPER SALAD (V)(VG) ^{11, 12}

Quinoa, Avocado, Red Peppers, Sweetcorn, Pomegranate, Sliced Black Olives, Red Kidney Beans, Roasted Cherry Tomatoes, Mint, Parsley & Coriander with a Classic French Vinaigrette.

€10.95



Middle

THE CHARCOAL GRILL

Prime Hereford Flamed 10oz Sirloin €29.95 ^{7, 9, 11, 12, 14}

Prime Hereford Flamed 8oz Fillet €39.95 ^{7, 9, 11, 12, 14}

Our Steaks are cooked to your liking & served with Garlic Mashed Potatoes, Wild Mushroom & Spinach, Roasted Vine Cherry Tomato, served with either Brandy Black Pepper Sauce, Garlic Butter or Red Wine Jus.

Chargrilled Beef Burger €18.95 ^{1, 3, 7, 11}

Prime Irish Beef, Garlic Mayo, Baby Gem Lettuce, Beef Tomato, Bacon, Smoked Cheddar Cheese, Tomato Relish, Crispy Fried Onion, served in a Toasted Sourdough & Rye Bun, Coleslaw & Fries.

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DIPPING STEAK SANDWICH ^{1, 3, 7, 14}

Braised Beef Featherblade, Caramelised Onions, Garlic Ciabatta, Red Wine Jus (for Dipping), Coleslaw & Fries.

€16.95

INDIAN BUTTERED CHICKEN ^{1, 7, 12, 13}

Succulent Pieces of Chicken marinated in our own Indian Spice Blend, smothered in Creamy Rich Curry Sauce, served with Basmati Rice, Homemade Garlic & Coriander Naan.

€19.95

BUTTERMILK CHICKEN BURGER ^{1, 3, 7, 8, 11, 12}

Golden Fried Buttermilk Chicken, Smoked Cheddar Cheese, Chipotle Mayo, Crisp Baby Gem Lettuce, Beef Tomato & Pickles served in a Toasted Sourdough & Rye Bun, Coleslaw & Fries.

€17.95

SPICED BLACK BEAN BURGER (V) ^{1, 3, 6, 7, 11, 13}

Black Bean Patty, Beetroot Bun, Spicy Cheese, Guacamole, Homemade Relish, Caramelised Onions, Baby Gem Lettuce & Tomato.

€15.95

CHICKEN BALLOTINE ^{1, 7, 8, 9, 14}

Organic Chicken stuffed with Pork Sausage, Sage, Pistachio & Apricots, served with Garlic Mashed Potato, Sneem Black Pudding Bon Bons, Turned Vegetables & Red Wine Jus.

€27.95

NOT SO MEATY (V)(VG)

Marinated Cauliflower Steak, Oven Roasted, Romesco Sauce, Pistachios, Pomegranate, Roasted Chickpeas & Chilli Honey Dressing.

€24.95

SLANEY VALLEY LAMB ^{7, 9, 14}

Braised 12 hr Slaney Valley Lamb, served on a bed of Rosemary Mashed Potato, Sweet & Sour Aubergine, Roast Lamb Jus & Parsnip Crisps.

€27.95

WILD ATLANTIC WAY SALMON ^{2, 7, 9, 14}

Pan-Seared Salmon, served on a bed of Creamy Leeks, Roasted Vine Cherry Tomato, Fondant Potato & Green Herb Oil.

€28.95

OCEAN FRESH COD ^{2, 4, 8, 12, 14}

Baked Fillet of Atlantic Cod, topped with Spicy Nduja Pork Sausage, Lentils with Romesco Sauce & Grilled Tender Stem Broccoli.

€28.95

ALLERGENS

1. Cereals - Gluten - Wheat/Barley 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts
6. Soya & Soy Beans 7. Milk, Dairy containing Lactose 8. Nuts - Hazelnuts 9. Celery 10. Molluscs
11. Mustard 12. Lupine 13. Sesame Seeds 14. Sulphites, Alcohol

(V) Vegetarian (VG) Vegan