

Lunch Menu

LIGHT BITES

SOUP OF THE DAY **AG** **V**

Hearty soup of the day (7, 9). Served with homemade brown bread (1A, 7, 12)

€6.95

SEAFOOD CHOWDER **AG**

Traditional creamy chowder with a selection of fresh and smoked seafood (2, 4, 7, 9). Served with homemade brown bread (1A, 7, 12)

€9.45

HOUSE CHEESY FRIES

Loaded with mozzarella, cheddar, spring onion and Cajun mayo (1A, 1B, 2, 3, 4, 7, 9, 10, 12)

€6.95

Add **Spicy Beef Chilli** (9) or **Double Cheese & Bacon** (7)

€8.95

CHICKEN TENDERS

Southern fried, with BBQ sauce and garlic mayo dip (1A, 1B, 2, 3, 4, 7, 9, 10, 12)

€9.95

CHICKEN WINGS

Golden fried, served with celery, and blue cheese dip (1A, 1B, 2, 3, 4, 7, 9, 12).

Flavoured your way, choose from:

Bourbon BBQ Sauce (9, 10, 12), **Louisiana Hot Sauce** (7), **Spice Bag Dry Rub** or **Sweet Oriental Sauce** (1A, 6, 11)

SMALL
€11.95

LARGE
€16.95

LOADED NACHOS **GF** **V**

Chilli tortilla chips, tomato salsa, guacamole, sour cream, jalapeños, mixed peppers, spring onion, mozzarella and cheddar (7)

€9.45

Add **Spicy Beef Chilli** (9) or **BBQ Pulled Pork** (9, 10, 12)

€8.95

POTTED PRAWNS **AG**

Tiger prawns, pan-fried in garlic and chilli butter (2, 6, 7). Served with homemade brown bread (1A, 7, 12)

€11.95

SAMBOS

TOASTED SPECIAL **AG**

Traditional ham, cheddar cheese, red onion and tomato, served on white or brown bread (1A, 1B, 7, 10, 11, 12)

€8.45

CAJUN CHICKEN WRAP

Cajun chicken, mixed leaves, tomato, red onion, mozzarella cheese, and chilli mayo, served in a toasted wrap (1A, 3, 7, 10, 12)

€10.95

CHICKEN & PESTO PANINI

Freshly cooked chicken breast, rocket, basil pesto, red onion, sun-dried tomato and mayo in a toasted panini (1A, 3, 7, 8K, 10, 12)

€9.95

PIMP MY SAMBO

Add **Fries**, **Onion Rings** or **Soup**

€2.95

Add **Chowder**

€8.95

SALADS

TRADITIONAL CAESAR SALAD **AG** **AV**

€11.95

Cos lettuce, crispy smoked bacon, garlic croutons, creamy Caesar dressing and Parmesan cheese (1A, 1B, 3, 7, 10, 11). Served with homemade brown bread (1A, 7, 12)

Add **Cajun Chicken**

€3.95

GOAT'S CHEESE SALAD **V**

€14.95

Italian crostini topped with whipped goat's cheese and red onion marmalade. Served with a fresh rocket and sun-dried tomato salad, drizzled with basil pesto and garnished with mixed nuts (1A, 7, 8J, 8K, 10, 11, 12)

MAINS

BEER BATTERED FISH & CHIPS

€18.95

Fresh Galway Hooker beer battered fish of the day, served with fries, mushy peas and homemade tartare sauce (1A, 1B, 2, 3, 4, 7, 9, 12)

CREAMY PENNE PASTA **V**

€13.95

Penne pasta, mixed peppers and spring onion, in a creamy tomato sauce, topped with Parmesan cheese and served with toasted garlic ciabatta (1A, 3, 7, 10, 11, 13)

Add **Cajun Chicken**

€3.95

McGEOUGH'S OF CONNEMARA STEAK BURGER

€17.95

Topped with smoked bacon, cheddar cheese, lettuce, tomato and relish, on a toasted brioche bun. Served with fries (1A, 1B, 2, 3, 4, 7, 9, 10, 12)

EL MEXICANA **AG**

€17.95

Chargrilled fajita spiced chicken fillet on a toasted brioche bun with crispy lettuce, tomato salsa, guacamole, sour cream and chilli cheese. Served with fries (1A, 1B, 2, 3, 4, 7, 9, 10, 12)

TRADITIONAL IRISH BEEF STEW **GF**

€18.95

Tender diced beef in a rich gravy, with root vegetables, celery, onions and mushrooms. Served with a side of creamy mashed potato (6, 7, 9, 12)

VEGETABLE CURRY **V** **AVG**

€13.95

Sweet potato and chickpea Thai red curry, with peppers, courgettes and onions, on a bed of fragrant saffron rice (5, 6, 9, 11). Served with poppadom (1A, 1B, 2, 3, 4, 7, 9, 12)

Add **Spicy Chargrilled Escalope of Chicken**

€3.95

BANGERS & MASH

€16.95

Black pudding & thyme infused jumbo pork sausages served on top of creamy mash potato, with a rich onion gravy (1A, 1B, 1D, 6, 7, 12)

PHILLY CHEESESTEAK SANDWICH

€18.95

Tender Irish beef strips, sautéed onions and peppers, mozzarella, and cheddar cheese, served on a toasted gar

All our suppliers are 100% Bord Bia approved. All our beef is 100% Irish.

NOTICE TO CUSTOMERS: While we make every effort to keep our menus up to date and take reasonable precautions with food prepared here, there is always the possibility of cross-contamination with other allergen containing foods. Additionally, due to potential supply chain issues, food suppliers and manufacturers may substitute or change the ingredients of some food products on menu items without our knowledge. Please inform your waiter before ordering, of any food allergies or intolerances you may have, so we can modify the dishes to your required needs.

ALLERGENS: Cereals containing Gluten: (1A) Wheat, (1B) Barley, (1C) Rye, (1D) Oats, (1E) Spelt; (2) Crustaceans; (3) Eggs; (4) Fish; (5) Peanuts; (6) Soybeans; (7) **Milk/Dairy**; **Nuts (Tree Nuts):** (8A) Almond, (8B) Brazil Nut, (8C) Cashew, (8D) Pistachio, (8E) Pecan, (8F) Walnut, (8G) Hazelnut, (8H) Macadamia, (8J) Pine Nuts, (8K) Mixed Nuts; (9) Celery; (10) Mustard; (11) Sesame Seeds; (12) Sulphur Dioxide and Sulphites; (13) Lupin; (14) Molluscs

GF **Gluten Free** **AG** **Available Gluten Free** **V** **Vegetarian** **AV** **Available Vegan**