



At the estuary of the powerful River Shannon where the Wild Atlantic waters meet the rushing river, discover Limerick, a Wild Atlantic Way Gateway City. Explore waves of history shaped by our unique Atlantic connection with the energy and excitement of our city streets. We take pride in our City & all the Wild Atlantic Way has to offer by sourcing fresh & local ingredients wherever possible in our menus. Try our Wild Atlantic Way Dishes, noted with the WAW logo, to get a true Taste of the Way!

## TO BEGIN

### Ón Bhfeirm *From The Farm*

#### HOMEMADE CHICKEN SPRING ROLL

BBQ sauce & dressed organic leaves  
€12.00  
4,5,8,10

#### STRAND CHICKEN WINGS

choice of hot sauce or BBQ sauce served with blue cheese dip  
small €11.00 large €16.60  
8,12,14

#### SLOW COOKED PORK BELLY

attyflin apple gel, butternut squash purée, apple jus  
€11.50  
8, 12

#### STRAND CHICKEN CAESAR SALAD

baby gem, bacon, garlic croutons, parmesan shavings & strand caesar dressing  
small €11.50 large €17.50  
1, 7, 8, 12, 13, 14

### Ón Bhfarrage *From The Sea*

#### ATLANTIC SEAFOOD CHOWDER

Cathals of Doonbeg fish medley & Leia's homemade bread  
€10.50  
1, 4, 5, 7, 8, 11, 12, 13

#### GRILLED MARINATED TIGER PRAWNS

garlic dressing organic leaves, sourdough croute  
€12.95  
1,8,11,14

#### CHILLED SALMON 3 WAYS

Burren smoked salmon, house poached salmon, salmon mousse en croute, pickled beetroot, beetroot gel  
€12.00  
1,8,12,13,14

### Ón Talamh *From The Ground*

#### HOMEMADE SOUP OF THE DAY

Leia's homemade bread selection  
€8.50  
1, 5, 7, 8, 12

#### BREAD & DIP

Leia's homemade bread selection dip's & Irish butter  
€7.90  
1, 7, 8, 12, 14

#### WARM SPINACH TOMATO & GOATS

CHEESE QUICHE  
urban farmers salad, basil pesto  
€12.50  
1,7,8,14

#### BLUE CHEESE, PEAR & BEETROOT SALAD

urban farmer leaves, raspberry dressing  
small €11.50 large €17.50  
7,8,14

## THE MAIN EVENT

### Ón Bhfeirm *From The Farm*

#### CHARGRILLED SUPREME OF CHICKEN

spinach, chorizo & tomato gnocchi cream sauce  
€26.00  
5, 7 8, 12

#### CRISPY BUTTERMILK CHICKEN BURGER

brioche bun, tomato, spiced mayonnaise, onion rings, baby gem & fries  
€22.50  
1, 8, 12, 14

#### RIGNEY'S FARM FREE RANGE PORK BANGERS & MASH

Rigney's farm free range pork sausages, mustard infused mashed potato, Herbertstown mushrooms, green peas & spinach  
€23.00  
1, 5, 8, 12, 14

#### DISH OF THE EVENING

Available on request  
€28.00

### Ón Bhfarrage *From The Sea*

#### GRILLED FILLET OF SALMON

roasted garlic & herb mashed potato, green vegetables, bearnaise sauce  
€27.50  
7, 8, 12, 13

#### CATHALS OF DOONBEG WILD IRISH HAKE AND CHIPS

★*The Strand's Favorite*  
golden fried fresh hake, Urban Farmers seasonal salad, fries & homemade tartar sauce  
€22.50  
1, 7, 8, 12, 13, 14

### SLOW ROASTED 100% IRISH BEEF CHEEK

Slow roasted beef cheek, colcannon mashed potato, roasted vegetables, cooking juices 5,8,12  
€32.50  
5, 8, 12, 14  
dinner inclusive: €8.00 supplement applies

### 100% IRISH SOURCED 8oz HEREFORD STEAK

roast tomato, grilled mushroom, home cut chips, onion rings. Choice of sauce: pepper, garlic butter, bearnaise  
€36.00  
1, 5, 7 8, 12  
dinner inclusive: €10.00 supplement applies

### SEAMUS BUTLER'S 100% IRISH BEEF BURGER

brioche bun, garlic mayonnaise, tomato relish, smoked effin cheese, gem lettuce, onion rings & fries  
€22.50  
add organic Croom fried egg €2.00 <sup>7</sup>Add grilled bacon €2.50  
1, 8, 12

### Ón Talamh *From The Ground*

 MILD COCONUT CURRY  
roasted vegetables & steamed rice roasted vegetables & tofu €19.00 <sup>3</sup>  
chicken €21.50  
Cathal's Doonbeg tiger prawns €22.50 <sup>11</sup>

#### MUSHROOM RISOTTO

Herbertstown mushroom, sundried tomato, and spinach, finished with vegan parmesan and green vegetables  
€21.50  
12

## SOMETHING EXTRA €5.00 each

#### FRIES

1, 3, 12

#### SWEET POTATO FRIES

1

#### MASHED POTATO

8, 12

#### SAUTÉED ONIONS

8

#### MASHED POTATO

8, 12

#### SEASONAL VEGETABLES

8

#### ONION RINGS

1

#### CAJUN SPICED FRIES

1, 3, 5, 12

#### NO ADDED GLUTEN BREAD

#### SEASONAL LEAVES

with honey & mustard dressing

1



1 Gluten 2 Peanuts 3 Soya 4 Molluscs 5 Celery 6 Lupin 7 Egg 8 Lactose 9 Nuts 10 Sesame 11 Crustaceans 12 Sulphites 13 Fish 14 Mustard

We handle multiple food allergen ingredients in our kitchen and while we make every effort to prevent cross contamination during prep and service we cannot guarantee the complete absence of allergens. If you suffer from severe food allergies, please let your server know and we can discuss further requirements.

Please note that the prices displayed are based on the current government vat rates