# BAR & RESTAURANT EARLY BIRD SPECIAL

Available Sunday– Thursday from 5pm to 7pm 2 Course Dinner & a Glass of House Wine - €30 per person

## Starter

HOMEMADE SOUP OF THE DAY Served with homemade Bread (ask your server for details) 1, 5, 7, 8, 12

GOATS CHEESE SALAD Kevin Wallace Leaves, Roasted Vegetables, Hazelnut & Bluebell Falls Goats Cheese 1, 7, 8, 12, 13, 14

STRAND CHICKEN WINGS choice of hot sauce or BBQ sauce served with blue cheese dip 1, 7, 8, 12, 14

STRAND GRILLED CHICKEN CAESAR SALAD Baby Gem, Bacon, Garlic Croutons, Parmesan Shavings & Strand Caesar Dressing 1, 7, 8, 12, 13, 14

## Add Dessert €9.00

#### CHOCOLATE BROWNIE

Served with Chocolate Sauce & Vanilla Ice Cream

1,7,8,9

WARM APPLE & CINNAMON CRUMBLE

Served with Vanilla Ice Cream

1, 7, 8, 9

Selection of Ice Cream

Ask server for details

1, 7, 8, 9

### Main

**CHARGRILLED SUPREME OF CHICKEN** Seasonal Vegetables, Creamed Potato & red wine jus *5,8,12* 

THAI COCONUT CURRY Roasted Vegetables & Steamed rice



GRILLED FILLET OF SALMON Seasonal Vegetables, Creamed Potato & White Wine Sauce 5, 8, 12, 13

CAROLINE RIGNEY'S FARM RARE BREED PORK BANGERS & MASH Mustard Mashed Potato, Seasonal Roast Vegetables & Wild Mushroom Sauce 1, 3, 5, 8, 12, 14

# To Refill the Batteries (not included)

AMERICANO	€4.00
DECAF COFFEE	€3.50
ESPRESSO	€3.50
DOUBLE ESPRESSO	£3.50
МОСНА	€4.00
МАССНІАТО	€4.00
CAPPUCCINO	€4.00
FLAT WHITE	€4.30
LATTE	
SELECTION OF TEAS	€3.50

Vegan

Gluten Free

Dairy Free

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 or allergens. If you suffer from severe food allergies, please let your server know and we can discuss further requirements.