

## THE MUNSTER MILE

Munster Province, in the southwest of Ireland, is known for its rich agricultural traditions and diverse range of local produce. Munster's local produce reflects a deep connection to the land and sea, emphasizing sustainability and freshness. We take pride in our City & all the Neighboring counties by sourcing fresh & local ingredients wherever possible in our menus.

Try our Munster Mile Dishes, noted with the **M** logo, all Dishes made with 100% Munster only produce!

### TO BEGIN

#### HOMEMADE SOUP OF THE DAY

**M**Served with Fresh Homemade Bread  
€9.50  
1, 5, 7, 8, 12

#### STRAND GRILLED CHICKEN CAESAR SALAD

Baby Gem, Bacon, Garlic Croutons, Parmesan Shavings & Strand Caesar Dressing

Small €13.50 Large €18.50  
1, 7, 8, 12, 13, 14

#### TRIO OF SEAFOOD

**M**Lime & Mustard Coated Cured Salmon, Smoked Salmon, Smoked Mackerel Pate, Sourdough Crouton & Seasonal Leaves

€14.50  
1, 7, 8, 9, 14

#### STRAND CHICKEN WINGS

Marinated Chicken Wings, Choice of Hot Sauce or BBQ Sauce Served with Cashel Blue Cheese Dip, Celery Stick & Urban Farmer Leaves

Small €12.00 Large €17.00  
3, 8, 12, 14

#### FRIED TIPPERARY BRIE

**M**Homemade Piccalilli, Beetroot Reduction & Urban Farmer Leaves  
€12.50  
1, 7, 8, 14

#### HERBERTSTOWN TREE OYSTER MUSHROOM BRUSCHETTA

**M**Urban Farmers Leaves & Wild Garlic Pesto  
€12.50  
1, 14

#### HAZELNUT COATED BLUEBELL FALLS GOATS CHEESE BONBON

**M**Urban Farmer Leaves & Beetroot Reduction  
€12.50  
1, 7, 8, 9, 14

### THE MAIN EVENT

#### 100% IRISH SOURCED 8oz HEREFORD STEAK

**M**Slow Roasted Fondant Potato, Parsnip Puree, Onion Rings, Grilled Mushroom served with Garlic Butter or Pepper Sauce  
€38.50  
1, 5, 7, 8, 12  
Dinner Inclusive Package : €10.00 Supplement Applies

#### GRILLED GLAZED ATLANTIC SALMON

Spiced Bean & Gnocchi Ragout  
€29.95  
1, 3, 12, 13

#### CHARGRILLED SUPREME OF CHICKEN

**M**Roasted Seasonal Vegetables, Gratin Potato & Red Wine Jus  
€26.00  
5, 8, 12

#### CAROLINE RIGNEY'S FARM RARE BREED PORK BANGERS & MASH

★ *The Strand's Favourite*

**M**Rigney's Rare Breed Pork Sausage's, Wholegrain Mustard Mashed Potato served with Wild Mushroom Sauce  
€26.00  
1, 3, 5, 8, 12, 14

#### TREATY CITY BEER BATTERED WILD IRISH HAKE AND CHIPS

**M**Golden Fried Wild Hake, Urban Farmers Salad Leaves, Tartar Sauce, Served with Fries  
€25.00  
1, 7, 8, 13, 14

#### SPECIAL OF THE EVENING

Served from 6pm  
Please ask your server for details  
€29.00


#### MUNSTER DOUBLE BURGER

**M**Seamus Butler 100% Irish Beef Burger, Toasted Waterford Blaa, Lettuce, Caramelized Onion, Smoked Effin Cheese with Ballymaloe Relish & Fries  
€23.00  
1, 7, 8, 12

#### SURF AND TURF

**M**Slow Roasted Tipperary Pork Belly, Tiger Prawns, Sweet Potato Puree & Attyflyn Apple Jus  
€29.50  
8, 12

#### THAI COCONUT CURRY

Served with Roasted Vegetable & Steamed Rice  
Choose From:  
Chicken €25.50  
Prawn €28.50 <sup>11</sup>  
Tofu €24.00 <sup>3</sup>  VEGAN

#### BRAISED BUTTER BEANS & MISO VEGAN

Roasted Courgette & Chimichurri Sauce  
€24.50  
12

### Our Charity Partner



Irish Cancer Society

Our 2024 Charity Partner is the Irish Cancer Society

If you wish to Donate Please scan our QR Code



SCAN ME

### SOMETHING EXTRA €5.00 each

#### FRIES

1, 3, 12

#### MASHED POTATO

8

#### SAUTÉED ONIONS

8

#### SEASONAL VEGETABLES

8

#### ONION RINGS

1

#### CAJUN SPICED FRIES

1, 3, 5, 12

#### NO ADDED GLUTEN BREAD

7

#### SEASONAL LEAVES

with house dressing  
12, 14

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