

BISTRO *Evening* Winter MENU



BAR & BISTRO

P. FRANCIS & SON

DID YOU KNOW

WE ARE 90% GLUTEN FREE
ACROSS OUR FULL MENU RANGE

♥ 142 💬 37 👤 27

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Allergen List

- | | |
|--|---|
|  Gluten wheat |  Celery |
|  Peanuts |  Lupin |
|  Soya |  Eggs |
|  Molluscs |  Lactose |
|  Nuts |  Sulphur dioxide |
|  Sesame |  Fish |
|  Crustaceans |  Mustard |

(*)= Can be Made Gluten Free

Starters

Homemade Soup of the Day (GF) (*V)

€7.25  

With freshly baked brown bread or gluten free bread

***Make mine vegan Soup**

Galway Bay Seafood Chowder (GF)

Small €8.50 / Large €10.50    

Creamy selection of local mussels, seafood & vegetables topped with samphire, served with traditional Irish brown bread or gluten free bread

Crispy Chicken Wings (*)

Regular wings €11.25 / Large wings €18.75





Crispy chicken wings with blue cheese dip
Choose one sauce: homemade hot buffalo sauce, bourbon BBQ or sweet spicy cranberry sauce ***Additional sauces €1.50 each**

Brisket Arancini (GF) €10.95

Rolled risotto stuffed with slow cooked beef brisket, wild mushroom and mozzarella deep fried in a gluten free crumb served on a bed of garlic wilted spinach, celeriac puree and a basil and tomato ragout

***Make mine vegan - wild mushroom arancini in a vegan crumb with spinach & ragout**

Cajun Chicken & Chorizo Caesar Salad (*)

Starter €10.25 / Main €15.25    




Warm chicken breast with Chorizo, cos lettuce, crispy bacon, our house Caesar dressing & parmesan shavings served with homemade brown bread*

Baked Goats Cheese & Pear Salad (GF)

Starter €10.25 / Main €15.25    

With toasted pecan nuts, roasted pine nuts, sunflower seeds, clementine segments, sun-dried tomato, dressed leaves, mulled wine poached pear bites, orange, & a pomegranate dressing served with homemade brown bread*

Beef & Black Bean Nachos (GF) (*V) (*VEGAN)

Small €10.50 / Large €15.25   

Crisp corn nachos topped with scallions and tomato mince beef, drizzled jalapeno cheese sauce, spring onions served with sour cream and guacamole on the side.

***Make mine vegan with melted vegan cheese, tomato & basil ragout guacamole and vegan pesto mayo dip**



Bigger Bites

Meaty Bloomer Sandwich

     €14.95 (*)




Toasted bloomer bread with Turkey, chorizo, pepperoni, streaky bacon, tomato, buffalo mozzarella, and cajun mayo - served with chunky fries, cranberry mayo dip and salad garnish

Chicken Goujon Wrap

    €14.95

Breaded chicken goujons, pesto mayo, parmesan cheese, rocket, sun-dried tomato and feta cheese - all served in a wrap with chunky fries, salad garnish and a pesto mayo dip

Vegan BLT Bloomer

   €14.95 (*) (V) (VEGAN)

Vegan bacon, rocket, sundried tomato, vegan cheese, vegan guacamole - served with vegan pesto mayo dip and sweet potato fries and salad garnish



Full Drinks Menu Available

Daily Roast €19.50 (*)
Served with creamed mash
potatoes & vegetables of the day

Mini Roast Available for €13.50

Daily Catch €24.00 (*)
Ask for today's fresh special
* Ask your server for **ALLERGENS**
Not Available in half portion

The Beefy Burger (*)

€21.95       

with streaky bacon, chorizo, smoked cheddar, black pudding, onion rings, rocket, red onion & pepper relish and skinny fries & whiskey BBQ mayo dip on the side

Pork Three Ways (GF)

€26.00      

slow cooked glazed pork belly, pork fillet wrapped in smoked bacon stuffed with an apple and leek stuffing, a pork shoulder bon bon with black pudding crumb, crispy pancetta all served with apple puree & a rich red wine jus

Buttermilk Chicken Burger (*)

€21.95      

buttermilk marinated chicken breast in a spicy gluten free crumb, with jalapeno cheese sauce, tomato, crispy onion, gherkins, cos lettuce - all served with skinny fries and a cajun mayo dip

Pan Seared Chicken Supreme (GF)

€25.00    

Pan seared Irish chicken breast served with braised red cabbage, sweet potato puree, baby turnip & a creamy peppercorn sauce

Battered Fillet of Cod (GF)

€23.00     

Cod fillet in a gluten free lemon and turmeric batter with mint pea, salad garnish, tartar sauce and chunky fries

Steaks (GF)



Choose **ONE** Option

10 Oz Sirloin - €33.00

Cook Range: Blue to Well Done

8 Oz Rump Fillet - €27.00

Cook Range: Medium to well Done

Served with homemade onion rings (GF), Portobello mushrooms, sauté onions, & a creamy pepper sauce (or Garlic Butter) served with chips & salad or mash potato & fresh veg of the day

Baked Fillet of Salmon (GF)

    €25.00

On a bed of creamed spinach & coconut parmesan rice, with grilled asparagus spears, cherry tomatoes, on the vine, a creamy white sauce and mashed potatoes & fresh vegetables

Buttermilk Chicken Goujons (GF)

    €19.50

Buttermilk marinated chicken breast strips cooked in a lightly spiced crumb, served with red slaw, a warm cheese & jalapeno dip and skinny fries

Italian Linguini Carbonara (*) (*V)

     €19.25

Traditional linguini pasta tossed in a white wine & mushroom cream sauce, with bacon, parmesan cheese and garlic bread

*Vegetarian Option without bacon available

*Add Chicken for €2.00

The Butternut Burger (*) (V) (*Vegan)

     €17.95

butternut squash, blackbean, quinoa and walnut burger, gherkins, red onion marmalade, cos lettuce and vegan pesto mayo with a salad garnish, guacamole dip and sweet potato fries



*Make mine vegan with vegan bun

Sweet Chickpea Curry (GF) (V) (Vegan)

   €17.95

Chickpea medium spiced curry with sweet potato, roasted red peppers, spinach, toasted cashew nuts - all served with long grain rice and a poppadum


*Add Chicken for €2.00

Veggie Delight (V) €16.75  

Cherry tomatoes, mixed peppers, sweetcorn, red onion, black olives & mushroom

Margherita (V) €15.25  

Traditional tomato sauce & mozzarella cheese

Pizza Vegan (Vegan) (*) €16.75 

Tomato sauce, vegan mozzarella, sliced black olives, sun dried tomatoes, mixed peppers, mushrooms, rocket & a vegan pesto drizzle

Hawallan €16.75    



Chicken, bacon, pineapple, caramelized red onion and a BBQ drizzle

Pepperoni €16.75  

Traditional herbed tomato sauce, mozzarella cheese & plenty of pepperoni

Meat Supreme €18.00  

Pepperoni, chorizo, bacon, chicken & sausage

The Four Cheese (V) €17.75  

The melted goodness of mozzarella, goats cheese, parmesan & cashel blue cheese

Add Extra Toppings:

Vegetarian €1.00 each / Meats €1.50 each

Gluten Free base available

Pizzas



Sides €4.90 Each

- Vegetables Of The Day (GF) 
- Creamy Mashed Potato (GF) 
- Side Salad (GF)
- Onion Rings (GF)
- Skinny Fries (GF)
- Chunky House Chlps (GF)
- Sweet Potato Fries (GF)

*Vegan versions of all above side dishes available (except for Onion rings & Garlic Bread)
*Vegan Potatoes = boiled

Garlic Bread (*) €5.50



Specialty CHUNKY Fries (GF)

All served with cool blue cheese dip

Loaded Fries €10.50 Each

- Bacon Bites, parmesan cheese & garlic mayo   
- Beef & black bean mince, sour cream, scallions & jalapeno cheese sauce   
- Chicken breast pieces & mild curry sauce   

Saucy Fries €9.00 Each

- Hot Buffalo Sauce  
- Melted Spicy Jalapeno Cheese Sauce   
- Peppery Pepper Sauce   

Sauces & Dips €1.00 Dips

BBQ, Garlic Mayo, Sweet Chili, Pesto Mayo

€1.50 Dips

Burbon BBQ, Jalapeno Cheese, Buffalo, Peppercorn

Cheesecake Of The Day (GF)

€7.75 

Flavour changes everyday, so make sure to ask!

Muffin Of The Day (*)

€7.75    

Flavour changes everyday, so make sure to ask - served with French vanilla ice-cream

Apple & Cinnamon Pie

(*V) €8.25   

Served warm with fresh custard, cream and French vanilla ice-cream

*Make mine vegan - Apple Pie

Tangy Lemon Tart

€8.00    

Served with crushed meringue, fresh cream & raspberry ripple ice-cream

Sticky Toffee & Carrot Pudding

€8.25     

Served with a rich caramel sauce & a honeycomb ice-cream

Warm Chocolate Fondant

€8.25   

served with raspberry sorbet, raspberry coulls & fresh raspberries

Kinder Cookie Pie

€8.50     

A slice of sweet pastry pie with nutella & kinder bars served with a cookie dough ice-cream

The Biscoff Sundae

€9.50    

Two scoops of French vanilla, one scoop of cookie dough ice-cream, Biscoff crumb, Biscoff sauce, Biscoff biscuit, fresh cream and a wafer*

Chocolate & Coconut Tart

(GF) (Vegan) €7.75  

Served with raspberry sorbet, raspberry coulls and fresh strawberries

Ice-Cream By The SCOOP -

€2.50 PER AVAILABLE FLAVOURS:

French Vanilla, Cookie Dough, Bubble Gum, Rum & Raisin, Raspberry Ripple, Raspberry Sorbet, Honeycomb



Desserts

Tea & Coffee Dock



Tea €2.95
Decaf Tea €2.95
Herbal Tea €3.55



Americano €3.90
Cappuccino €4.30
Latte €4.30
Mocha €4.30
Flat White €4.20
Espresso €3.25
Double Espresso €3.95

Add a flavour twist 50cent

Caramel, Salted Caramel, Hazelnut, Chai, Vanilla, Mint



BISTRO *Childrens* MENU



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P. FRANCIS & SON



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|  Sesame |  Fish |
|  Crustaceans |  Mustard |

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Children's Starters

Mozzarella Sticks

€4.00   

Served warm coated in breadcrumb with a BBQ dipping sauce

Cheesy Garlic Breads (*)

€4.00  

Toasted mini garlic baguettes topped with melted cheese & a garlic mayo dip

Small Soup of the Day (*)

€4.00  

Ask your server for todays flavour - Served with white sliced bread & butter

Baby Veggie Bowl (GF)

€5.50   

Mashed potato and fresh vegetables topped with your choice of either our soup of the day or our popular rich homemade gravy

Mains

Menlo Mac N' Cheese (*)

€8.25    

Warm soft pasta bound with a cheese sauce & topped with parmesan cheese

Chicken Goujons (*)

€8.25  

Our goujons are served with skinny fries & a ketchup dipping sauce on the side

The Dally Half Roast (*)

€13.50 

Served with fries OR mashed potato & fresh vegetables with a portion of our homemade gravy on the side - Ask your server for todays roast



Pork Sausages (*)

€8.25 

Irish pork sausages served with skinny fries & a ketchup dipping sauce on the side

Pizza Slices (*)

€8.25  

Your choice of margarita or pepperoni slices - served with skinny fries & a ketchup dipping sauce on the side

Cheeseburger (*)

€8.25   

An Irish beef patty with a cheese slice between two fresh breaded sesame seed buns - served with skinny fries & a ketchup dipping sauce on the side

Desserts

The Frozen Wobble (*)

€4.25  

A bowl of wobbling strawberry jelly with vanilla ice-cream & a giant wafer

The Double Scoop (*)

€4.25  

Chose your TWO SCOOPS of these flavours: Vanilla, Strawberry or Chocolate - served with a giant wafer

Mini Cheesecake (GF)

€5.50  

It's a more manageable slice of our cheesecake of the day with vanilla ice-cream- ask for todays flavour

The Brownie Sundae (*)

     €5.75

Vanilla ice-cream with warm chocolate fudge cake bites, marshmallows, strawberry & cream chocolate mice, fresh cream, a wafer and chocolate sauce

The Upside Down Ice-Cream (*)

  €5.75

Bubble gum & raspberry ripple ice-cream, gummy bear sweets, white chocolate beans & an upside down wafer cone

The Kinder Cookie Sandwich (GF)

   €5.75

Homemade Kinder cookies with vanilla ice-cream, kinder bar bites & a side of gooey chocolate sauce