



BAR & BISTRO

P. FRANCIS & SON

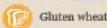
DID YOU KNOW

WE ARE 90% GLUTEN FREE ACROSS OUR FULL MENU RANGE



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Allergen List





Celery



Peanuts



Lupin Eggs



Soya Molluses



Lactose



Nuts



Sulphur dioxide



Sesame



Fish



Crustaceans



Mustard

(*)= Can be Made Gluten Free

Starters

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

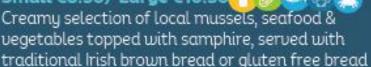
€7.25 () 🥙

With freshly baked brown bread or gluten free bread

"Make mine vegan Soup

Galway Bay Seafood Chowder (GF)

Small €8.50/ Large €10.50(1) 💋 🚭 👰 🤼



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 Aranchini (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 €15.2:



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



Full Drinks Menu Available

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





Meaty Bloomer Sandwich (*) (*)

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

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 Daily Poast €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 @ () Ø (1 () ()

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)

€26.00 110 10 10

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 (1)(1)(2)(2)(3)(3)

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)

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)

(1) (a) (b) €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)

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)

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)

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

Veggle Delight (V) €16.75

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

€15.25 Margherita (V)

Traditional tomato sauce & mozzarella cheese

Plzza Vegan (Vegan) (*) €16.75

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

Add Extra Toppings:

Vegetarian €1.00 each / Meats €1.50 each

Gluten Free base avallable

zas



Vegetables Of The Day (GF) Creamy Mashed Potato (GF)

Side Salad (GF)

Onion Rings (GF)

Skinny Fries (GF)

Chunky House Chips (GF) Sweet Potato Fries (GF)

*Vegan versions of all above side dishes available

(except for Onion rings & Garlic Bread)

*Vegan Potatoes = boiled

Hawaiian €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

Specialty

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

Hot Buffalo Sauce



- Melted Spicy Jalapeno Cheese Sauce
- Peppery Pepper Sauce

Sauces & le €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 1













Served with a rich caramel sauce & a honeycomb

lce-cream

Warm Chocolate Fondant €8.25

served with raspberry sorbet, raspberry coulis & fresh raspberries

Kinder Cookle Pie

€8.50







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

The Biscoff Sundae

€9.50









Two scoops of French vanilla, one scoop of cookle dough ice-cream, Biscoff crumb, Biscoff sauce, Biscoff biscult, 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 €2.95 Decaf Tea €2.95

Herbal Tea €3.55

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

Add a flavour twist 50cent Caramel, Salted Caramel, Hazelnut, Chai, Vanilla, Mint





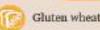
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Allergen List





Celery



Peanuts



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Eggs



Molluses Nuts



Lactose Sulphur dioxide



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Fish



Crustaceans



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Children's Starters

Mozzarella Sticks

€4.00 🕼 👗 🥻



Served warm coated in breadcrumb with a BBQ dipping sauce

Cheesy Gartic 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 Veggle 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

Mento Mac N' Cheese (*)

€8.25 (10)







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

Chicken Goulons (*)

€8.25

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

The Dally Half Roast (*) €13.50



///ains

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



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

The Frozen Wobble (*)

€4.25



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

The Double Scoop (*)

€4.25



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 Brownle Sundae (*)







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 (*)



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

The Kinder Cookle Sandwich (GF)





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