

SANDS DINNER

TO BEGIN

KILLARY MUSSELS €16.00

Steamed in a White Wine & Shallot Broth, Seaweed Garlic Butter, Crusty Sourdough Bread

(G wheat, M, SD, MS)

IRISH SMOKED SALMON €13.50

Salmon Tartar, Dill Crème Fraiche, Capers, Lemon Oil, Crisp Bread

(G wheat, M, SD, MS)

CONNEMARA CHOWDER €11.00

Fresh & Smoked Fish from Galway Bay, Shellfish from the Killary, Lobster from Manin Bay in a Fish Cream Soup with Vegetables and Herbs

(G wheat, C, E, F, M, N pine, CY, SD, MS)

CONNEMARA ARTISAN SHARING PLATTER FOR TWO €32.00

Smoked and Cured Fish from Graham Roberts Smokehouse, Air Dried Meats from Mc Geough's Butchers, Freshly shucked Oysters from Doon Castle, Accompanied by Dean's Honey with Wholegrain Mustard, Homemade Lime Jam, Seaweed Butter, Served with Selection of Breads

(G wheat, C, E, F, S, M, MD, SD, MS)

WHEN AVAILABLE

DOONCASTLE OYSTERS €18.00

½ doz Connemara Oysters Grilled on the Charcoal, Lemon, Olive Oil, Shallot Vinaigrette

(G wheat, C, E, M, CY, MD, SD)

(G wheat, M, SD, MS)

BALLYCONNELLY LOBSTER SALAD

Mango and Vanilla Chutney, Dried Mango, Fresh Lime and Chilli Oil

€17.00

(G wheat, C, E, M, SD)

TO BEGIN

POTTED CHICKEN LIVER PATE €11.00

Apple Jelly, Rhubarb Chutney, Warm Toasted Brioche

(G wheat, E, M, SD)

SEARED BUTTERED SCALLOPS €15.00

Mc'Geough's Air Dried Pork, Fresh Tagliatelle in a Parmesan Cream, Truffle Drizzles

(G wheat, C, E, M, CY, SD, MS)

SLOW COOKED IRISH DUCK BREAST €15.00

Peking Glaze, Pine Nut Oil, Pickled Cucumber

(G wheat, M, MS, S, N pine, SD, SS, CY)

IRISH GOATS CHEESE SALAD €12.00

Chargrilled Watermelon, Mc Geough's Air Dried Lamb, Toasted Pine Kernels, Fresh Rocket and Balsamic

(M, N pine, MD, SD)

MAIN COURSE

ROASTED SUPREME OF IRISH CHICKEN BREAST €26.00

Summer Fruit Stuffing, Mc Geough's Air Dried Pork Crisp, Baby Carrots, Sea Salted Roasted Potatoes and Lemon Thyme Jus

(G wheat, M, CY, MD, SD)

SLOW COOKED FILLET OF HEREFORD BEEF €39.00

Garlic Oyster Mushrooms, Sauteed Baby Spinach, Crisp Fries and Green Peppercorn Sauce

(G wheat, E, S, M, CY, SD)

BRAISED IRISH LAMB SHOULDER €27.50

Crushed Swede & Carrot, Mint Honey, Roasted Garlic, Sea Salted Roast Potatoes, Pinot Noir Jus

(M, S, CY, SD)

MORAN'S CHARCOAL GRILLED BEEF BURGER €20.00

Melted Cheddar, Caramelized Onions, Pickled Cucumber Burger Sauce, Toasted Brioche Bun, Crisp Fries, Homemade Ketchup

(G wheat, E, M, MD, SD)

ROASTED MONKFISH ON THE BONE €28.50

Killary Clams, Cherry Tomato Confit, Sugar Snaps, Fresh Tagliatelle in a Tarragon Butter

(G wheat, E, F, M, CY, SD, MS)

ALMOND CRUSTED ORGANIC IRISH SALMON €27.50

Baked Apple Gel, Sauteed Baby Spinach, Buttered Sugar Snaps, Sea Salted Roasted Potatoes, Lemon Cream Fish Veloute

(G wheat, C, F, S, M, N almonds, CY, SD, MS)

FISH N' CHIPS €20.50

Bridewell Battered Cod from the Galway Bay, Minted Crushed Peas, Truffle Honey Drizzles, Lemon, Crisp Fries, Home Pickled Cucumber Tar Tar

(G wheat, E, F, M, MD, SD)

SANDS DINNER

TO ACCOMPANY

TRIPPLE COOKED CHIPS	€6.00
Truffle Vinegar and Parmesan (M, SD)	
ROAST BABY POTATOES	€6.00
Duck Fat, Rosemary & Achill Sea Salt	
BABY LEAF SALAD	€6.00
Cherry Tomatoes, Red Onion and Balsamic (SD)	
ROAST VEGETABLES	€6.00
Maple Drizzles (M)	

OUR MENU

Our menu is inspired with the philosophy of using the freshest local ingredients available on our doorstep. We are proud to support the local suppliers of the area who share our passion for showcasing the stunning produce Connemara has to offer.

OUR LOCAL SUPPLIERS

Mc Geough's Butchers
Graham Roberts Smokehouse
Galway Farm Goat's Cheese
Doon Castle Oysters
Pat Conneely Local Fisherman
Galway Bay Seafoods
Moycullen Seafoods
Honey Produced in the Sands Hotel
Des Moran Butchers
Jimmy's Seaweed Ice cream
Micil Distillery
Bridewell Brewery
Kinnegar Wines, Eilish & Seamus Cryan

12" STONE BAKED GOURMET PIZZAS

MARGHERITA	€16.50
Tomato Sauce, Gratinated Mozzarella (G wheat, M, S, CY)	
GALWAY GOAT'S FARM CHEESE	€17.00
Red Onion Marmalade, Tomato Sauce, Garlic Rocket Pesto (G wheat, M, N pine, S, SD)	
HOME BAKED HAM AND MUSHROOM	€17.00
Honey and Mustard Glazed Ham, Garlic & Thyme Roasted Mushrooms, Tomato Sauce and Gratinated Mozzarella (G wheat, M, S, MD, SD)	
SMOKED SALMON	€19.00
Irish Smoked Salmon, Citrus and Dill Cream Cheese, Red Onion Marmalade, Rocket (G wheat, M, F, N pine nut, S)	
SPICEY MEAT-FEAST	€17.00
Slow Cooked Chicken, Home Baked Ham, Pepperoni Slices, Jalapeños, Tomato Sauce, Gratinated Mozzarella (G wheat, M, MD, CY, S, SD)	

SOMETHING SWEET

WARM BREAD AND BUTTER PUDDING	€9.00
Buttered Pastries, Vanilla Crème Anglaise, Jimmy's Seaweed Rum and Raisin Ice-Cream (G wheat, E, S, M, SD, L)	
RASPBERRY PANNA COTTA	€9.50
Vanilla Panna Cotta, Poached Raspberry Compote, Raspberry Gel, Pistachio Brittle (E, M, N pistachio, SD)	
WARM CHOCOLATE FONDANT	€11.00
Spiced Hazelnuts, Orange Gel, Seaweed Irish Whiskey Ice Cream (G wheat, N hazel, E, M, S)	
JIMMY'S SEAWEED ICE-CREAM	€9.00
Rum and Raisin, Irish Whiskey, Orange Liqueur (G wheat, E, M, SD)	
IRISH FARMHOUSE CHEESE BOARD	€16.50
Mileens Cow's Cheese, Hegarty's Cheddar, Galway Goat's Cheese, Cashel Blue Cheese, Artisan Crackers, Grapes, Plum and Apple Chutney, Dean's Honey (G wheat, C, M, SS, SD)	

G: Gluten; C: Crustaceans; E: Eggs; F: Fish; P: Peanuts; S: Soybeans; M: Milk; N: Nuts; CY: Celery; MD: Mustard; SS: Sesame Seeds; SD: Sulphur Dioxide; L: Lupin; MS: Molluscs

