

SANDS LUNCH

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

SOMETHING SWEET

WARM HOMEMADE FRUIT SCONES

€7.00

Fruit Jam, Whipped Butter, Clotted Cream served with Tea

(G wheat, E, M, SD)

WARM CHOCOLATE BROWNIE

€9.00

Vanilla Ice- Cream, Chocolate Sauce

(G wheat, E, S, M)

FRENCH ONION SOUP €9.00

Caramelized Onions, Beef Broth, Gratinated Swiss Cheese, Sourdough Croutons

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

SLOW COOKED CHICKEN SALAD €12.00

Chargrilled Watermelon, Crumbled Goat Cheese, Toasted Pine Kernels, Fresh Rocket and Balsamic

(M, N pine, MD, SD)

POTTED CHICKEN LIVER PATE €11.00

Apple Jelly, Rhubarb Chutney, Warm Toasted Brioche

(G wheat, E, M, SD)

HAM AND CHEESE TOASTIE €13.50

Home Baked Honey & Mustard Glazed Ham, Melted Dubliner Cheddar, Sourdough, Spiced Tomato Relish, Skinny Fries

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

12" STONE BAKED GOURMET CRISPY PIZZAS

MARGHERITA €16.50

Tomato Sauce, Gratinated Mozzarella

(G wheat, M, CY, S)

GALWAY GOAT'S FARM CHEESE €17.00

Red Onion Marmalade, Tomato Sauce, Garlic Rocket Pesto

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

HOME BAKED HAM AND MUSHROOM €17.00

Honey and Mustard Glazed Ham, Garlic & Thyme Roasted Mushrooms, Tomato Sauce and Gratinated Mozzarella

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

SMOKED SALMON €19.50

Irish Smoked Salmon, Lemon and Chive Cream Cheese Base, Red Onion, Rocket

(G WHEAT, M, F, N PINE NUT, S)

SPICY MEAT-FEAST €18.50

Slow Cooked Chicken, Home Baked Ham, Pepperoni Slices, Jalapeños, Tomato Sauce, Gratinated Mozzarella

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

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

