

# STARTER

## COAST CHOWDER

Mixed Atlantic chowder, served with homemade brown bread

CV  
€9

## HOME MADE SOUP OF THE DAY

served with homemade brown bread

CV  
€6

## HOT WOK CHICKEN

Chinese 5 spice coated chicken bites finished with sautéed onions, peppers & sweet chilli sauce

C  
€9.9

## PEAR & BRIE CROSTINI

On a sourdough bread with balsamic reduction & petite salad

V  
€9.9

## COAST CHICKEN WINGS

Slow cooked spiced chicken wings with ranch dip

C  
€9

## KILLARY FJORD MUSSELS

Roast garlic & leek cream with homemade brown bread

C  
€10.9

## BOOST UP SALAD

Mesclun leaf salad with cherry tomato, onion, beetroot, toasted mixed seeds, peppers, avocado, pomegranate, goats cheese & a honey mustard dressing

OPTIONAL

CV  
€10

+PRAWN €4.50 | +CHICKEN €4

## GOLDEN FRIED CALAMARI

with dressed Mixed leaves & a sriracha and lime dip

€10

## LIGHT BITES

### CAJUN CHICKEN WRAP

Cajun chicken, Ballymaloe tomato relish Irish cheddar in a flour tortilla with crisp rocket

€10.5

### NEW COAST B.L.T

Crispy bacon, lettuce, tomato on a toasted sourdough bread

€10.5

### NEW OPEN GOATS CHEESE SANDWICH V

Grilled goats cheese, marinated tomato, basil pesto on toasted sourdough

€10.5

### NEW VEGGIE WRAP OPTIONAL V

Toasted veggie burrito filled with tomato salsa. Avocado, spinach, carrot, red onion, peppers, mozzarella cheese and a vegan mayonnaise (go vegan without the cheese)

€9.9

### SANDWICH

Chicken | Ham | Salad | Cheese

€6.5

+ TOASTED

€7.3

(COELIAC OPTION AVAILBLE)

# COAST BAR

## LUNCH MENU

## SPECIALS

PLEASE ASK YOUR SERVER

## GOURMET BURGER

### COAST BURGER C

€15.9

Homemade 100% Irish beef burger, red onion, tomato, lettuce & coast burger sauce. Served with salad & chips or wedges. (Gluten Free Bun Available)

### CHICKEN BURGER C

€15.5

Chargrilled escalope of marinated chicken, red onion, lettuce & coast burger sauce. Served with salad & chips or wedges (Gluten Free Bun Available)

### BEYOND MEAT BURGER OPTIONAL CV

€16.5

The worlds first plant based burger thats looks cooks and satisfies like beef without GMOs. Served with Ballymaloe tomato relish, lettuce, tomato, onion,vegan mayonnaise in a vegan beetroot bun & chips or wedges. (Gluten Free Bun Available)

## ADD ON

BACON	€2
PEPPERJACK CHEESE	€1.5
CHEDDAR CHEESE	€1

## SIDES

SIDE SALAD	€4.5	CREAMED POTATO	€4.5
CHIPS	€4.5	SEASONAL VEGETABLES	€4.5
SWEET POTATO FRIES	€5	WEDGES	€4.5
ONION RINGS	€4.5	COLESLAW	€3



## MAIN

### BEER BATTERED FISH OF THE DAY €17

Please ask your server  
Served with mushy peas, tartare sauce & chips or wedges

### GRILLED DARNE OF SALMON C €18.9

served with creamy mashed potatoes, rustic chunky vegetables, spinach & sundried tomato cream

### KILLARY FJORD MUSSELS C €16.5

Roast garlic & leek cream served with chips

### **NEW** MUSHROOM & SPINACH €13.9

#### TAGLIATELLE V

Tagliatelle pasta in a creamy mushroom and baby spinach sauce, topped with parmesan cheese served with garlic bread  
+PRAWN €4.50 | +CHICKEN €4

### THAI RED CURRY C V €13.5

Creamy mild red thai curry with mediterranean vegetable, steamed rice & poppadum  
+VEGETABLES | +PRAWN €4.50 | +CHICKEN €4

### STEAK SANDWICH €17.9

6oz Irish minute steak served in a rustic sourdough baguette, horseradish mayonnaise, onion, mushrooms, salad & chips or wedges

#### FOOD ALLERGY NOTICE;

Food prepared here may contain nuts and other ingredients which can cause allergic reactions. If you or any of your guests have an allergy please inform your server and our chefs will be happy to accommodate your needs.

#### FRIENDLY OPTIONS AVAILABLE:

C COELIAC | V VEGETARIAN |  VEGAN



*We support local!*

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### COAST CHICKEN WINGS C €15

Slow cooked spiced chicken wings with ranch dip & chips or wedges

### HOT WOK CHICKEN C €16.5

Chinese 5 spice coated chicken bites finished with sautéed onions, peppers & sweet chilli sauce. Served with salad & chips or wedges

### **NEW** GOLDEN FRIED CALAMARI €16.9

Served with dressed mixed leaves, a sriracha & lime dip & chips

### BOOST UP SALAD C V €12.9

Mesclun leaf salad with cherry tomato, onions, beetroot, toasted mixed seeds, peppers, avocado, pomegranate, goats cheese with honey & mustard vinegarette  
+PRAWN €4.50 | +CHICKEN €4  
(go vegan without the cheese)

## SIDES

SIDE SALAD €4.5

CHIPS €4.5

SWEET POTATO FRIES €5

ONION RINGS €4.5

CREAMED POTATOE €4.5

SEASONAL VEGETABLES €4.5

WEDGES €4.5

COLESLAW €3

## DESSERT

### CREME BRULEE C €7.5

Served with homemade flapjack

### COAST STICKY TOFFEE PUDDING €7.5

Served with butterscotch sauce, fresh cream & caramel ice cream

### RASPBERRY & WHITE €7.5

### CHOCOLATE ROULADE C

Served with a mixed berry coulis fresh cream & strawberry ice cream

### WARM CHOCOLATE BROWNIE €7.5

Served with fresh cream, & vanilla ice cream

### WARM APPLE PIE €7.5

Fresh cream & custard

### CHEESECAKE OF THE DAY €7.5

Please ask your server for today's flavour

### SELECTION OF ICE-CREAM C €6.9

### JELLY & ICE CREAM C €6.9

Please ask your server for today's flavour

ALL ICE CREAM ARE MADE IN HOUSE & CONTAINS EGG

## HOT DRINKS MILK ALTERNATIVE + €0.50 : SOYA | OAT | ALMOND

#### CAFFÉ LATTE

ADD FLAVOUR :.50C  
VANILLA | CARMEL |  
HAZELNUT

€3.9

#### CAPPUCCINO

ADD FLAVOUR :.50C  
VANILLA | CARMEL |  
HAZELNUT

€3.9

#### CAFFÉ AMERICANO

Espresso topped with  
hot water

€3.8

#### FLAT WHITE

Espresso with  
steamed velvety milk

€3.9

#### HOT CHOCOLATE

€4.1

#### ESPRESSO

Shot of  
espresso  
extracted the  
Italian way

€3.5

#### DOUBLE ESPRESSO

€4

#### FRESHLY BREWED BEWLEY'S TEA

€3.2

#### CAFFÉ MOCHA DARK

Espresso, rich dark  
chocolate sauce and steamed milk

€3.9

#### HERBAL TEA

PEPPERMINT | GREEN TEA |  
CHAMOMILE EARL GREY | BERRY

€3.5