

# J. FITZGERALD'S TRADITIONAL IRISH BAR

## BREAKFAST ~ BRICFEASTA (SERVED 10.30AM-2.00PM)

#### Full Irish €13.7

back bacon, sausages, black & white pudding, grilled tomato, portobello mushroom, hash browns, beans, poached or scrambled egg, roundstone sourdough toast 1w,3,6,7,9,12,GFA

#### Mini Irish €9.9

Much the same as the full, only less 1w,3,6,7,9,12.GFA

#### Veggie Breakfast €10.9

falafel, hash brown, grilled tomatoes, hummus, avocado, portobello mushroom, beans, poached or scrambled egg, roundstone sourdough toast 1r,1w,3,6,7,8a,11,12,GFA

#### Breakfast Bap €8.9

sausage, bacon, black or white pudding, hash brown, fried egg, brioche bap 1w,3,6,7,9,12

#### Bacon & Eggs €8.9

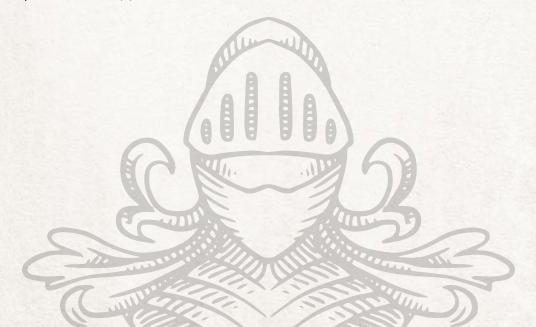
scrambled or poached, toasted sourdough open style 1w,3,6,7,9,12,GFA

#### Smoked Salmon & Eggs €8.9

scrambled or poached, toasted sourdough open style 1w,3,4,6,7,9,12,GFA

#### Porridge Oats €6.0

honey / cinnamon / wild berries 10,7,V



# LIGHT BITES ~ MIASA ÉADROMA

## Soup of the Day €6.5

homemade guinness brown bread 1w,3,6,7,9,12,GFA

#### Galway Bay Seafood Chowder €9.5

homemade guinness brown bread 1w,2,4,7,GFA

#### Goats Cheese, Honey & Walnut Tartine €9.0

toasted sourdough, goat's cheese, honey, walnuts 1w,6,7,8,9,10,12

#### Crispy Chicken Wings €10.5

blue cheese dip, choice of hot sauce, sweet chilli or smokey BBQ 1w,3,6,7,9,10,GFA

#### Prawn Tempura €11.9

sesame dressed leaves, siracha & miso dip 1w,2,3,4,11

#### Chicken Caesar Salad €15.5

grilled chicken, bacon lardons, crisp romaine lettuce, herbed croutons, parmesan shavings, caesar dressing 1w,3,7,10,12,GFA For each order of this Caesar Salad, €1 will be donated to our Group chosen charity.

#### Goat's Cheese. Pear & Walnut Salad €14.5

seasonal leaves, honey mustard dressing 1w,6,7,8,9,10,12,GFA

# SAMBOS ~ CEAPAIRÍ (AVAILABLE UNTIL 2PM)

#### Vegan Crunch €8.9

toasted ciabatta, homemade hummus, roasted peppers, red onion, lettuce, tomatoes, crisp onion bits 1w,7,V,GFA

#### Farmhouse Toastie €8.9

honey roasted ham, dubliner cheddar, roundstone sourdough bread 1w,7

#### House Club Sambo €10.9

crisp streaky bacon, chicken, lettuce, fried egg, tomato, mayo 1w,3,7,10

#### Grilled Chicken Ciabatta €9.9

rocket leaves, roasted peppers, mozzarella & pesto 1w,7,8a,10



## SEAFOOD ~ BIA MARA

#### Catch of the Day €18.9

fresh galway bay fish of the day, seasonal veg, potatoes 4,7,GFA

#### Drunken Mussels €17.5

cooked in white wine, parsley and garlic, chips or brown bread 1w,2,7,GFA

#### Galway Hooker Ale Battered Fish & Chips €17.9

Galway Hooker pale ale battered fish, chips, mushy peas, tartar sauce 1b,1w,3,4,7,10

#### Seafood Linguine Marinara €18.5

locally caught fish and shellfish, marinara sauce 1w,2,4,14

## MEAT & POULTRY ~ FEOIL & ÉINEOIL

#### Traditional Beef and Guinness Stew €16.9

champ mash, seasonal vegetables 7,12,GFA

#### Steak Sandwich €17.9

prime irish beef, sauteed onions & mushrooms, toasted ciabatta, galway whiskey infused pepper sauce, chips 1w,6,7,9,12

#### Chicken Supreme €18.9

grilled asparagus, baby potatoes, steamed greens with mushroom and tarragon sauce 7,9,10,12,GFA

## Traditional Bangers & Mash €15.9

grilled pork & leek sausage, champ mash, caramelised onion gravy 1w,7,12

## Butter Chicken Curry €16.9

mild sweet curry, basmati rice & poppadom 7,9,10,V,GFA

## BURGERS ~ BURGAIR

## Hickey's Butcher 8oz Steak Burger €17.9

hand crafted 8oz burger from hickey's butcher, streaky bacon, mature cheddar, pickles & burger sauce, toasted brioche, chips 1w,3,4,7,12

#### Spicy Chicken Fillet Burger €16.9

grilled chicken, crisp lettuce, tomato, chipotle mayo, brioche bun, chips 1w,3,7,10. GFA

#### Plant Foraged Burger €15.9

vegan burger, mixed leaves, toasted brioche bun, chips 1w,3,4,7,12. GFA

## TO SHARE ~ LE ROINNT

#### Nachos €12.7

homemade salsa, guacamole, sour cream, pico de gallo, diced peppers & red onions, grated cheddar cheese, corn chips 1w,7 V

#### Crispy Chicken Wings €14.9

blue cheese dip, choice of hot sauce, sweet chilli or smokey BBQ 1w,3,6,7,9,10. GFA

#### Pub Platter €20 (2 People) €30 (4 People) €40 (6 People)

bbq wings, chicken goujons, cocktail sausages, veg spring rolls onion rings & wedges, served with 2 dips 1w, 3,6,7,9,10,11

Bacon & Cheese Loaded Chips €7.5 7. GFA

Garlic & Parmesan Chips €5.5 7. GFA



## SIDES ~ AR AN TAOBH

Chips €4.0

Roasted Baby Potatoes €4.0 GFA

Creamy Mashed Potatoes €4.0 7,12. GFA

Steamed Vegetables €4.0 GFA

Side Salad €4.0 9,10,12. GFA

Garlic Bread €4.0 1w,7

Cheesy Garlic Bread €5.0 1w,7

Homemade Battered Onion Rings €5.0 1w,3

## DESSERTS ~ MILSEOGA

Homemade Apple & Summer Fruit Crumble €7.5

vanilla ice cream 1w,7

Cheesecake of the Day €7.5 1w,3,7

Chocolate Brownie €7.5

ice cream 1w.3.7.GFA

Gluten Free Dessert Options Available, please ask a member of our team.

## KIDS ~ PÁISTÍ

Starters - Soup or Garlic Bread €3.0 1w,3,7,9,GFA

Penne Pasta with Tomato Sauce €7.0 1w.6

Kid's Beef Burger & Chips €8.0 1w,3,6

Chicken Goujons & Chips €8.0 1w,3,7

Kids Bangers & Mash €7.5 1w,7

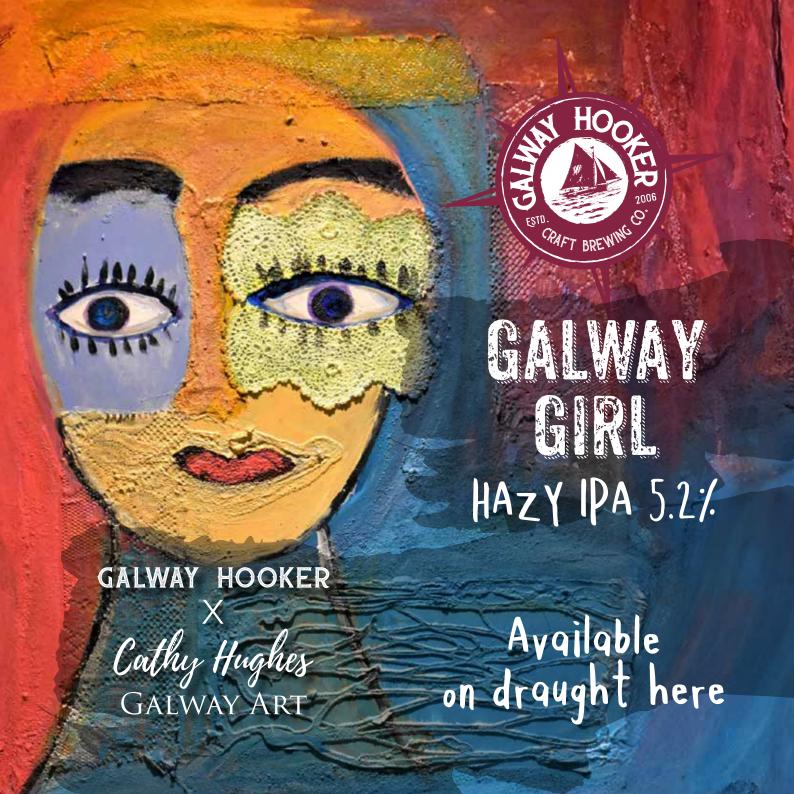
Dessert - Vanilla Ice Cream €3.0 7,GFA

#### ALLERGENS:

1b Gluten–Barley, 1o Gluten-Oats, 1r Gluten-Rye, 1w Gluten-Wheat, 2 Crustacean, 3 Egg. 4 Fish, 5 Peanut, 6 Soybean, 7 Dairy, 8a Nuts-Almonds, 8c Nuts-Cashew, 9 Celery, 10 Mustard, 11 Sesame seeds,12 Sulphur, 13 Lupin, 14 Molluscs.

GFA - Gluten Free Available, V - Vegetarian Option Available.







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