

## To Start

*Soup Of The Day Served With Anne Mac's*

*Famous Soda Bread €4.50*

*Atlantic Seafood Chowder Of Mussels, Clams, Shrimp, Cod*

*And Salmon €5.95*

*Carrigaholt Crab Claws Warmed In A Garlic Cream*

*With A Fresh Watercress Salad €11.50*

*St Tola Goat's Cheese And Potato Roulade,*

*On A Bed Of Red Pepper And Ginger Chutney With A Fresh*

*Rocket Salad €7.95*

*Strand's Chicken Liver Pate With Melba Toast*

*And Johnny's Chilli Jam €6.95*

*Stir Fried Garlic & Chilli Atlantic Tiger Prawns*

*Served On Slices Of Crunchy Warm Crostini €8.95*

## Pasta / Vegetarian

*Strand Veggie Special €12.50*

*Gratin Of Roasted Mixed Peppers, Red Onion, Mushrooms , Basil, Spinach*

*And Topped With St Tola Greek Style Organic Goat Cheese Herb Crumb*

*And Baked In The Oven. Accompanied With A Light Fresh Seasonal Salad*

*Roasted Vegetable Frittata*

*Johnny's Chilli Jam, Rocket Salad €11.50*

## From The Land

*Pan Fried Breaded Breast Of Parmesan Chicken €15.25*

*Breast Of Organic Chicken Breaded With Parmesan Crumbs, Golden Fried*

*And Served With A Lemon And Ginger Sauce served with Gratinated*

*Potatoes and Seasonal Vegetables or Hand Cut Fries and Salad*

*10oz Gourmet Burger,*

*Prime Irish Minced Beef With Added 20% Irish Pork For That*

*Extra Flavour, Emmental Cheese, Streaky Bacon, Onion Rings,*

*Beef Tomato, Hand Cut Chips And Johnny's Tomato Relish*

*Bacon 50c / Cheese 50c Topping €13.95*

*Jack Kelly's 10oz Irish Sirloin Steak*

*Cooked To Your Liking And Served With Garlic Fried Mushrooms And Our*

*Own Home Made Creamy Whiskey Pepper Corn Sauce Or The Old Fa-*

*vourite Garlic Butter With Hand Cut Fries €21.95*

*All Our Beef And Pork Is Supplied By*

*"Jack Kelly Master Butchers" Kilrush Co. Clare*

## *From The Sea*

### *Seared Atlantic Hake*

Served With A Leek And Bacon Carbonara

Served with Gratinated Potatoes or Hand Cut Fries €21.95

### *The Strand's Famous "Fish N Chips"*

Beer Battered Catch Of The Day, Mushy Peas, Tartar Sauce, And

Hand Cut Chips €14.95

### *Freshly Breaded Golden Fried Scampi In Panko Crumbs*

And Served With A Lemon/Lime Mayonnaise, Fresh Salad

& Hand Cut Fries €15.50

### *Linguine Al Pesto Rosso With Garlic Sautéed*

*Atlantic Prawns €15.95*

This Pasta Dish Is A Fantastic Combination Of Italian Flavours With Freshly Cooked Linguine Accompanied With A Blend Of Blitzed Basil, Sundried Tomatoes, Pine Kernels And Extra Virgin Olive Oil With Some Gentle Seasoning And An Addition Of Succulent Garlic Prawns.

*(Can Be Served Without Prawns; €12.50)*

### *Side Orders*

*Homemade Chips €2.95*

*Gratinated Potatoes €3.00*

Sliced Potatoes Baked Gently In Garlic Cream With A Hint Of Nutmeg And Topped With Cheddar Cheese

*Sautéed Onions Or Mushrooms €2.50*

*Side Salad €2.95*

*Selection Of Seasonal Vegetables €2.95*

*Ratatouille €2.95*

*Please Ask Your Server About Our Catch Of The Day*

## *Children's Menu*

*Strand Homemade Chicken fingers & Chips €6.50*

*Sausages & Chips €5.95*

*Kidz Oven Baked Fish Sticks, Buttered Carrots, Hand Cut*

*Chips €6.95*

*Pasta, garlic bread With Homemade Tomato And Basil*

*Sauce €5.50*

*Kids Ice Cream €3.00*

## Homemade Desserts

*Warm Ginger And Banana Bread*, Earl Grey Tea Syrup,  
Vanilla Ice Cream,

*White Chocolate Pannacotta*, Black Pepper Tuille, Poached  
Fruits Of The Forest,

*Iced Nougat Parfait* Accompanied By A Fresh Raspberry  
Sorbet,

*Cheese Cake* "Modern" Daily Special Cheese Cake!!

*Chocolate And Hazelnut Brownie*

with Our Own Hot Chocolate Sauce & Vanilla Ice Cream

**€5.95**

## Coffees

*Italian Espresso* €2.30

A Short Intensely Flavoured Coffee To Kick Start Your Day

*Cappuccino* €2.60

A Chance For Your Favourite Barista To Show Off !!

*Caffe` Mocha* €3.60

French Chocolate Conspires With Italian Coffee To Seduce Your Palate

*Viennese Cappuccino* €3.60

We Take The Decadence Of Caffe Mocha And Cap It With Fresh Whipped Cream

*Caffe` Latte* €2.60

An Italian Irish Marriage Made In Heaven ..... But Will It Last

*Après Ski* €3.60

A Hot Alpine Chocolate Laced With A Subtle Hint Of Hazelnut

## One For The Road

Glenfiddich Special Reserve Single Malt Scotch Whiskey €6.00

Midleton Very Rare Irish Whiskey €12.00

Jameson 1780 12 Year Old Irish Whiskey €5.50

Remy Martin V.S.O.P Fine Champagne Cognac €6.50

Chivas Regal 18 Year Old Scotch Whiskey €7.50

Bushmills 10 Year Old Single Malt Whiskey €5.50

# Lunch Menu