

## Appetisers

- Soup Of The Day** €4.50  
**Chefs Homemade Fresh Atlantic Chowder** €5.95
- Pan Grilled Bruschetta With Basil, Vine Cherry Tomatoes And Parma Ham** €7.50  
Served On Seasonal Salad Leaves And Dressed With A Fresh Homemade Pesto
- Stir Fried Garlic & Chilli Tiger Prawns** €8.95  
Served On Slices Of Crunchy Warm Ciabatta
- Carrigaholt Crabs Claws** €10.95  
Gently Sautéed In Garlic And Chilli Butter Cream Sauce
- Strand House Salad** €6.95  
With A Selection Of Fresh Mixed Leaves, Grated Carrot, Pickled Cucumber, Red Onion, Toasted Pine Nuts, Roasted Red Peppers And Dressed With Our Own Strand House Dressing.
- Chicken & Smoked Bacon Version** €9.50

## Pasta

- Linguine al Pesto Rosso** €12.95  
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.

## Vegetarian

- Strand Veggie Special** €12.50  
Gratin Of Roasted Mixed Peppers, Basil, Spinach And Topped With Feta Cheese And Baked In The Oven. Accompanied With A Light Fresh Salad

## Main Courses

### Meat

- Oven Roasted Breast Of Chicken** €15.50  
Stuffed With Mozzarella Cheese, Parma Ham And Baked In A Fresh Home Made Tomato Sauce Served On A Bed Of Button Mushroom Risotto
- Strand Homemade 8oz Angus Beef Burger** €13.95  
Prime Irish Minced Beef Stuffed With Monterey Jack Cheese (*or not!!*) Served On A Toasted Floury Bap With a Roasted Cherry Tomato And Red Onion Salad .  
*Bacon 50c / Cheese 50c Topping*
- 10oz Rib Eye Irish Beef Steak** €20.95  
Cooked To Your Liking And Served Garlic Mushrooms, Balsamic Onion Jam And Our Own Home Made Creamy Whiskey Pepper Corn Sauce Or The Old Favourite Garlic Butter With Home Made Chips

*Well Done Steaks May Take Up  
To 20 Minutes To Cook*

## Fish

### **Asian-Style Oven Baked Donegal Silver Salmon €15.50**

*Darn Of Salmon Baked In Some Light Asian Spices And Served With A Fresh Noodle Broth And Crispy Honey Bean Sprout Salad*

### **Traditional Fish And Chips €14.50**

*Served With Our Own Home Made Tartar Sauce And Mushy Pea Puree*

### **Freshly Breaded And Golden Fried Scampi €14.95**

*Served With A Lemon/Lime And Tarragon Mayonnaise, Fresh Salad & Chips*

### **Strand Golden Fried Fish Cakes**

*With Fresh Herb Roasted Baby Potatoes And A Fresh Zingy Salsa*

**€15.50**

## SIDE ORDERS

### **Homemade Chips €2.95**

### **Gratinated Potatoes (when available) €3.25**

*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 Vegetables €2.95**

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

## Children's Menu

### **Freshly Made Chicken Gougons & Chips €7.50**

### **Sausages & Chips €6.50**

### **Spaghetti Bolognaise & Garlic Bread €6.95**

### **Pasta & Garlic Bread €4.95**

### **Kids Dessert**

## Homemade Desserts

### **Homemade Crunchy Crumble of The Day**

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*Pear and Almond Tart Served With Home Made Ice Cream And A Fresh Dollop Of Whipped Cream*

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*Homemade Meringue Nest With Lemon Curd Cream And Seasonal Fruit*

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*Selection Of Homemade Ice Creams*

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**€5.95**

# Wine List

## White Wine Selection

1. **Oops Sauvignon Blanc - Chile** €17.95

Very soft and fresh, well balanced and fruity with notes of asparagus and melon. Good acidity. Long citric finish.

2. **Oxford Landing Chardonnay - Australia** €18.50

Aromas of apricot, topical fruit and peach. Complex hints of full fruit flavours with crisp freshness on the finish.

3. **Pinot Grigio Veneto - Italy** €19.95

This ever popular white wine has become a classic with an intense fruity bouquet. The palate shows well rounded floral fruits with an excellent balance of crisp acidity, finishing clean and dry.

4. **Ribbonwood Sauvignon Blanc - New Zealand** €23.95

Lifted fruit aromas of passion fruit, and grapefruit with a background citrus characters. The palate is generous and supple with abundant tropical fruits to leave a mouth-watering finish.

5. **Pearly Bay Chenin Blanc / Chardonnay - South Africa**

Bright, fruity and crisp with a delicate taste of flower and honey on the finish, good acidity and a citrusy edge. €20.50

## Red Wine Selection

6. **Oops Merlot - Chile** €17.95

Brilliant, intense red ruby colour. Full bodied and well rounded with sweet ripe tannins. Perfect expression of fruit. Velvety soft with an elegant round finish.

7. **Oxford Landing Shiraz - Australia** €18.50

The bouquet gives plenty of spicy plum and dark red fruit flavours. The palate is rich and soft complex with soft tannins and oak characters.

8. **Montepulciano d' Abruzzo - Italy** €22.50

Ruby red, with a wonderfully refined black cherry and plum fruitiness. Smooth, medium-bodied palate with an attractive lingering finish..

9. **Ribbonwood Pinot Noir - New Zealand** €24.95

It contrasts bright fruit scents of raspberry and firm, mineral-infused tannin, all punctuated by fresh acidity. The wine is supple, complete, lasting with a red glow.

10. **Pearly Bay Cabernet / Shiraz - South Africa** €20.50

This easy drinking, medium bodied wine has an abundance of fresh berry and raspberry flavours, complimented by hints of spice. Soft and smooth with hints of cedar and a lingering aftertaste.

## Rose

11. **Rose d'Anjou – Savion – France** €18.50

Fresh and fruity, with generous hints of peach, cherry and strawberries abound .

## Half Bottle Selection

### Red / White

12. **Valpolicella Classico –Italy** 13. **Soave Classico –Italy**

€10.50

€9.50

14. **St.Emilion –Bordeaux** 15. **Chateau du Clery –Loire**

€14.50

€13.50

## Sparkling Wine /Champagne

### **Cavas Hill Reserva**

A Traditional Spanish Cava €27.50

20. **Guy Charbout Champagne** €65.00

A pleasant racy champagne creates a sensation of fullness, fruitiness and lightness

## 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 !!

**Espresso Lungo** €2.30

Linger Over A Longer Lighter Espresso

**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

## Wine Of The Month

### Promotional Wines

1. *Vina Plata Bonarda-Malbec Argentina* - A blend of 60% Bonarda and 40% Malbec, the two most widely planted red varieties in Argentina, that are hand harvested and fermented at relatively low temperatures to maintain a fresh fruit character. Unoaked the wine has ripe red fruit aromas backed with a soft, fruity finish.

2. *Vina Plata Chenin / Chardonnay - Argentina* -

The vineyards are located in the heart of the well-known wine making area of Mendoza, Argentina. This wine has a delicate, fresh and fruity flavour. Ideal chilled with light meats, fish, poultry, pasta or cheese.

**€15.50**

# THE STRAND

*Dinner Menu*