

APPETISERS

THE OLD ARCH BAR & BISTRO

GOAT'S CHEESE BON BONS	PANKO CRUMBED, FRIED SERVED ON A BEETROOT, APPLE & RED ONION RELISH WITH A BASIL PESTO VINAIGRETTE (E/G/D/N)	€7.90
CRAB CRUMBLE	CRAB MEAT IN A MOZZARELLA & LEMON BUTTER CREAM SAUCE TOPPED WITH SEASONED BREADCRUMBS, BAKED & SERVED WITH TOASTED FLAT BREAD (C/D/G)	€9.50
SMOKED SALMON & SHRIMP PARCEL	SMOKED SALMON FILLED WITH BABY SHRIMP IN A MARIE-ROSE SAUCE SERVED ON A TOSSED SALAD (C/F/E/D)	€8.50
BANG BANG PRAWNS	TENDER CRISPY FRIED PRAWNS DRIZZLED WITH A MILD CHILLI DRESSING SERVED OVER HOUSE MIXED LEAVES (E/C)	€8.50
CLEW BAY STEAMED MUSSELS	COOKED IN THEIR SHELLS WITH A GARLIC WHITE WINE CHIVES & CREAM REDUCTION OR IN A COCONUT GINGER SPRING ONION BROTH (MC/D)	€8.50
GREEK SALAD	SPINACH LEAVES, FETA CHEESE, CHERRY TOMATOES, BLACK OLIVES RED ONION, TOASTED PINE NUTS WITH A BALSAMIC VINAIGRETTE (D/N/E)	€7.90
DUCK WONTONS	DRIZZLED WITH A HOISIN GINGER SAUCE & PICKLED CUCUMBER & CRANBERRY FIVE SPICED KETCHUP (E/G/SY)	€7.90
CHILLI & CHORIZO PRAWNS	SAUTEED IN GARLIC PAPRIKA & BUTTER, WITH GARLIC TOAST (G/C)	€8.90
CRISPY MUSHROOMS	GOLDEN FRIED BREADED MUSHROOMS WITH GARLIC CHIVE MAYONNAISE (G/E/D)	€7.50
CAESAR SALAD	ROMAINE LETTUCE TOSSED WITH CAESAR DRESSING PARMESAN CHEESE SHAVINGS & CROUTONS (ADD CHICKEN €7.90 ADD SALMON €8.40 ADD CAJUN PRAWNS €8.40) (D/F/C)	€6.90



SOUPS & SALADS



SOUPS	FRESHLY MADE SOUP OF THE DAY (D/G)	€4.50
	SEAFOOD CHOWDER (G/D/F/C/MC/E)	€7.50
CHILLI & LIME CHICKEN FAJITA SALAD	WARM FAJITA SPICED CHICKEN STRIPS SERVED OVER MIXED LEAVES WITH LIME WEDGES, HORSERADISH & SWEET CHILLI AIOLI (D/G)	€17.50
COCONUT PRAWNS SALAD	PANKO & COCONUT FLAKE COATED JUMBO PRAWNS SERVED ON A TOSSED SALAD WITH AN ORANGE & GINGER MARMALADE DIP (C/G/E)	€21.00
SEAFOOD PLATTER	A SALAD OF CRAB, SMOKED SALMON, SHRIMP & POACHED SALMON SERVED WITH A WARM BOWL OF MUSSELS IN A GARLIC CREAM BROTH (MC/C/F)	€21.00
THAI BEEF SALAD	STRIPS OF SIRLOIN STEAK MARINATED IN GARLIC, GINGER & SOYA SAUCE, PAN FRIED & SERVED WARM OVER A MIXED TOSSED HOUSE SALAD (SY)	€19.50



FISH & FOWL



GINGER CRUSTED SALMON	SUPREME OF SALMON TOPPED WITH CRUSHED GINGER, MARINATED IN GARLIC, SOY & LIME JUICE SERVED OVER WILTED SPINACH (SY/F)	€19.00
TEMPURA JUMBO PRAWNS	FRIED IN A LIGHT CRISPY BATTER WITH A WASABI MASH POTATO DUO OF SWEET CHILLI SAUCE & PESTO CREAM SAUCE (C/GD/N)	€21.00
BAKED FILLET OF COD	SERVED ON PANFRIED SLICED BABY POTATOES, CHORIZO & SPRING ONION WITH A SHRIMP BUTTER SAUCE (F/C/D)	€21.00
SURF & TURF	GRILLED 4OZ FILLET MIGNON & PAN FRIED JUMBO SHRIMP SERVED WITH GARLIC WHITE WINE & CREAM REDUCTION (C/D)	€23.00
TIGER PRAWNS & CRAB PASTA BAKE	PRAWNS & CRAB MEAT TOSSED WITH FETTUCCHINE PASTA IN A SPRING ONION CREAM SAUCE, BAKED & SERVED WITH GARLIC BREAD (MC/D/G)	€22.00
GRILLED SALMON	YOUR CHOICE OF CAJUN, PESTO CRUSTED OR PLAIN GRILLED SALMON SUPREME SERVED ON MASHED POTATO WITH A SHRIMP & BASIL CREAM SAUCE (F/N/D)	€19.00
CHEF'S FISH CREATION	PLEASE ASK YOUR SERVER FOR DETAILS & MARKET PRICE (F/C/MC/G)	
ROAST FIVE SPICE HALF DUCK	WITH CRANBERRY POTATO STUFFING, RED ONION CONFIT & MADEIRA JUS (G/S/D)	€21.00
OLD ARCH CHICKEN SUPREME	BREAST OF CHICKEN STUFFED WITH BLACK PUDDING, WRAPPED IN BACON & SERVED WITH A MUSHROOM & BRANDY SAUCE (G/E/D)	€18.50
CAJUN CHICKEN PASTA	GRILLED CAJUN SPICED CHICKEN FILLET ON FETTUCCHINE PASTA, SPINACH, SUNDRIED TOMATO, GARLIC CREAM SAUCE, SERVED WITH GARLIC BREAD (G/E/D)	€18.50
PARMESAN CRUSTED CHICKEN	BREAST OF CHICKEN COATED IN PARMESAN CHEESE, PAN FRIED, SERVED WITH GARLIC MASHED POTATO, SUNDRIED TOMATO & MUSHROOM CREAM SAUCE (G/E/D)	€18.50



VEGETARIAN & VEGAN



PAN ASIAN NOODLE STIRFRY	BROCCOLI, MANGE TOUT & PEAS, TOSSED WITH NOODLES IN A GINGER COCONUT MILK, SOYA & PEANUT SAUCE <small>(N/S/Y/G)</small>	€17.00
BASIL PENNE PASTA	PENNE PASTA TOSSED IN A FRESH BASIL PESTO WITH BLACK OLIVES FETA CHEESE & CHERRY TOMATOS, SERVED WITH GARLIC TOAST <small>(N/G/D)</small>	€17.00
VEGAN FAJITAS	PAN FRIED VEGETABLES & KIDNEY BEANS, IN A FAJITA SAUCE SERVED ON A SIZZLING SKILLET WITH TORTILLAS, SALSA & RICE <small>(G)</small>	€18.00

FROM THE BUTCHERS BLOCK

PRIME IRISH HEREFORD BEEF



STRIPLOIN STEAK <small>(G/D)</small>	8 OZ	€20.50	12OZ	€23.50
FILLET STEAK <small>(G/D)</small>	9 OZ	€26.50		
T-BONE STEAK <small>(G/D)</small>	16 OZ	€26.50		

ALL STEAKS SERVED WITH SAUTÉ MUSHROOMS & ONION RINGS, BAKED POTATO OR HOUSE FRIES WITH YOUR CHOICE OF BRANDY & MUSHROOM SAUCE, PEPPER SAUCE, GARLIC BUTTER, BLUE CHEESE CREAM SAUCE (G/D)

FILLET MEDALLIONS	CHEF'S SPECIAL, PREPARATION CHANGES DAILY, INQUIRE WITH OUR STAFF FOR DETAILS <small>(G/D)</small>	€25.50
RACK OF LAMB	ROASTED WITH A GARLIC & HERB CRUST, SERVED ON GRATIN POTATOES WITH A MADEIRA JUS <small>(G/D)</small>	€24.00
PORK MEDALLIONS MILANESE	PANKO CRUMBED MEDALLIONS OF PORK, PAN FRIED WITH A WHITE WINE, LEMON, CAPER & PARMESAN CHEESE CREAM SAUCE SERVED OVER GARLIC & CHEDDAR CHEESE MASHED POTATO <small>(G/D)</small>	€19.50
MEXICAN FAJITAS	SERVED ON A SIZZLING SKILLET WITH TORTILLAS, CHEDDAR CHEESE, SOUR CREAM & SALSA <small>(G/D)</small> WITH CHICKEN €18.50 WITH BEEF €19.50 WITH PRAWNS €19.50	

ALL DISHES (EXCEPT PASTA & FAJITA DISHES) SERVED WITH VEGETABLES & POTATO OF THE DAY



SIDE ORDERS

HOUSE FRIES €3.00	SAUTE MUSHROOMS <small>(D)</small> €3.00	BASIL WHIPPED POTATOES <small>(N/D)</small> €3.00
VEGETABLES & POTATOES OF THE DAY <small>(G/D)</small> €3.50	BAKED POTATO €3.00	LYONNAISE POTATOES <small>(D)</small> €3.50
GARLIC CHEESE BREAD <small>(G/D)</small> €3.00	SIDE SALAD <small>(G/D)</small> €3.00	BRAISED RED CABBAGE <small>(S)</small> €3.00
ONION RINGS <small>(G/D)</small> €3.00	GRATIN POTATOES <small>(D)</small> €3.50	SWEET CHILLI WEDGES €3.50



ALLERGENS

Gluten free/coeliac friendly options available, please check with your server

OUR VEGETABLES MAY CONTAIN DAIRY & SEASONING, PLEASE CONSULT YOUR SERVER AS THESE CAN BE OMITTED

(G) GLUTEN (E) EGGS (D) DAIRY (F) FISH (C) CRUSTACEANS (MC) MOLLUSCS (L) LUPEN
(M) MUSTARD (N) NUTS (SS) SESAME SEEDS (SY) SOYA (CE) CELERY (SD) SULPHUR DIOXIDE



OUR SUPPLIERS

MEAT: DAWN MEATS BALLYHAUNIS, DEREK SHERIDAN BUTCHERS TUBBERCURRY, MILL MEATS MILLTOWN

POULTRY: COSTELLO M'DERMOTT **FISH:** STARCREST SEAFOOD & GARVIN SEAFOODS BALLINA

DAIRY: PAT HESSION CONNAUGHT GOLD **EGGS:** WEST-A-WAKE KILTIMAGH **SPECIALITY ITEMS:** PALLAS FOODS

VEGETABLES: TOM CONNOLLY HOLLYMOUNT & BALLA MUSHROOMS **ORGANIC SALAD:** AUDREY HESSION WILLIAMSTOWN

BREADS: O'HARA'S OF FOXFORD **COFFEE:** BEAN WEST COFFEE