

# THE OLD ARCH BAR & BISTRO

## APPETISERS

<b>GOAT'S CHEESE BON BONS</b>	PANKO CRUMBED, FRIED SERVED ON A BEETROOT, APPLE & RED ONION RELISH WITH A BASIL PESTO VINAIGRETTE (E/G/D/N)	€8.50
<b>CRAB TASTING PLATE</b>	CRAB CAKE WITH A LEMON DILL MAYONAISE, CRAB CLAWS IN GARLIC BUTTER & CRAB TIMBALE, SERVED WITH TOASTED FLATBREAD (C/D/G/E)	€10.50
<b>SMOKED SALMON</b>	SERVED ON A TOSSED HOUSE SALAD WITH FETA CHEESE, RED ONION & CAPERS (C/F/E/D)	€9.00
<b>SHRIMP &amp; CRAB SPRING ROLL</b>	WITH A TERIYAKI, GINGER, SESAME OIL & CHILLI DIP (E/C)	€9.00
<b>CLEW BAY STEAMED MUSSELS</b>	COOKED IN THEIR SHELLS WITH A GARLIC WHITE WINE CHIVES & CREAM REDUCTION <b>OR</b> IN A COCONUT GINGER SPRING ONION BROTH (MC/D)	€9.00
<b>BLUE CHEESE PEAR &amp; SPINACH SALAD</b>	WITH TOASTED PINE NUTS & A BALSAMIC VINAIGRETTE (D/N)	€8.50
<b>DUCK WONTONS</b>	DRIZZLED WITH A HOISIN GINGER SAUCE, PICKLED CUCUMBER & CRANBERRY FIVE SPICED KETCHUP (E/G/SY)	€8.50
<b>CHILLI &amp; CHORIZO PRAWNS</b>	SAUTEED IN GARLIC, PAPRIKA & BUTTER, WITH GARLIC TOAST (G/C)	€9.50
<b>CRISPY MUSHROOMS</b>	GOLDEN FRIED BREADED MUSHROOMS WITH GARLIC CHIVE MAYONNAISE (G/E/D)	€8.00
<b>CAESAR SALAD</b>	ROMAINE LETTUCE TOSSED WITH CAESAR DRESSING PARMESAN CHEESE SHAVINGS & CROUTONS (CHICKEN €8.40 add SALMON €9.00 add CAJUN PRAWNS €9.00 add) (D/F/C)	€7.40
<b>FRESHLY MADE SOUP OF THE DAY</b> (D/G) €5.00 <b>OR</b> <b>ATLANTIC SEAFOOD CHOWDER</b> (G/D/F/C/MC/E) €8.00		

## SALADS

### 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) **€23.50**

### BUILD YOUR OWN SALAD

**HOUSE CEASAR SALAD €14.50 OR TOSSED HOUSE SALAD €14.50**

**8OZ TERIYAKI STRIPLOIN STEAK €8.00 add**

**PERI PERI CHICKEN FILLET €5.00 add**

**CAJUN SPICED PRAWN SKEWERS €8.00 add**

## FISH & FOWL

<b>GINGER CRUSTED SALMON</b>	SUPREME OF SALMON TOPPED WITH CRUSHED GINGER, MARINATED IN GARLIC, SOY & LIME JUICE SERVED OVER WILTED SPINACH (SY/F)	€20.00
<b>TEMPURA JUMBO PRAWNS</b>	FRIED IN A LIGHT CRISPY BATTER WITH A WASABI MASH POTATO DUO OF SWEET CHILLI SAUCE & PESTO CREAM SAUCE (C/GD/N)	€22.00
<b>BAKED FILLET OF COD</b>	SERVED ON PANFRIED SLICED BABY POTATOES, CHORIZO & SPRING ONION WITH A SHRIMP BUTTER SAUCE (F/C/D)	€22.00
<b>SURF &amp; TURF</b>	GRILLED 4OZ FILLET MIGNON & PAN FRIED JUMBO SHRIMP SERVED WITH GARLIC WHITE WINE & CREAM REDUCTION (C/D)	€24.50
<b>GRILLED SALMON</b>	YOUR CHOICE OF CAJUN, PESTO CRUSTED OR PLAIN GRILLED SALMON SUPREME SERVED ON MASHED POTATO WITH A SHRIMP & BASIL CREAM SAUCE (F/N/D)	€20.00
<b>CHEF'S FISH CREATION</b>	PLEASE ASK YOUR SERVER FOR DETAILS & MARKET PRICE (F/C/MC/G)	
<b>ROAST FIVE SPICE HALF DUCK</b>	SERVED ON A PANFRIED VEGETABLE, GINGER, SOYA, GARLIC, HOISIN & NOODLE STIR-FRY (S/G)	€22.00
<b>OLD ARCH CHICKEN SUPREME</b>	BREAST OF CHICKEN STUFFED WITH BLACK PUDDING, WRAPPED IN BACON & SERVED WITH A MUSHROOM & BRANDY SAUCE (G/E/D)	€19.50
<b>PERI PERI GRILLED CHICKEN</b>	ON A BED OF PENNE PASTA IN A SPINACH, SPRING ONION, GARLIC & PARMESAN CHEESE, CREAM SAUCE WITH GARLIC TOAST (G/E/D)	€19.50
<b>PARMESAN CRUSTED CHICKEN</b>	BREAST OF CHICKEN COATED IN PARMESAN CHEESE, PAN FRIED, SERVED WITH GARLIC MASHED POTATO, SUNDRIED TOMATO & MUSHROOM CREAM SAUCE (G/E/D)	€19.50



## VEGETARIAN & VEGAN



### TEMPURA OF VEGETABLES

GREEN BEANS, RED PEPPERS, BROCCOLI & COURGETTE IN A LIGHT TEMPURA BATTER WITH SWEET CHILLI NOODLES & A TERIYAKI, GINGER, SESAME OIL & CHILLI DIP (N/S/Y/G) €19.00

### GARDEN PENNE PASTA

COURGETTES, PEAS, SPINACH & GREEN BEANS TOSSED IN PENNE PASTA IN A LEMON, CREAM, & GARLIC SAUCE TOPPED WITH RED CHILLI FLAKES SERVED WITH GARLIC TOAST (N/G/D) €18.00

### THAI RED CURRY

CARROTS, POTATO, PEAS, GREEN BEANS, CAULIFLOWER, ONION & SPINACH IN A MILD RED CURRY SAUCE WITH BASMATI RICE, POPPADOM & MANGO CHUTNEY €19.00

### VEGAN FAJITAS

PAN FRIED VEGETABLES & KIDNEY BEANS, IN A FAJITA SAUCE SERVED ON A SIZZLING SKILLET WITH TORTILLAS, SALSA & RICE (G) €18.00



## FROM THE BUTCHERS BLOCK



### PRIME IRISH HEREFORD BEEF

<b>STRIPLOIN STEAK</b> (G/D)	8 OZ	€22.50	12OZ	€25.50
<b>FILLET STEAK</b> (G/D)	9 OZ	€28.00		
<b>T-BONE STEAK</b> (G/D)	16 OZ	€28.00		

*ALL STEAKS SERVED WITH  
SAUTE MUSHROOMS & ONION RINGS,  
BAKED POTATO  
OR  
HOUSE FRIES (G/D)*

**SURF YOUR TURF**  
ADD GRILLED PRAWNS TO ANY OF THE ABOVE STEAKS €7.00 *add*

*YOUR CHOICE OF  
BRANDY & MUSHROOM SAUCE  
PEPPER SAUCE  
BLUE CHEESE CREAM SAUCE  
GARLIC BUTTER (G/D)*

### FILLET MEDALLIONS

CHEF'S SPECIAL, PREPARATION CHANGES DAILY, INQUIRE WITH OUR STAFF FOR DETAILS (G/D) €27.00

### RACK OF LAMB

ROASTED WITH A GARLIC & HERB CRUST, SERVED ON GRATIN POTATOES WITH A MADEIRA JUS (G/D) €25.50

### PANCETTA WRAPPED PORK FILLET

ROASTED AND SLICED SERVED ON A WHOLEGRAIN MUSTARD MASHED POTATO WITH GARLIC WILTED SPINACH & A CIDER CREAM SAUCE (G/D) €21.00

### MEXICAN FAJITAS

SERVED ON A SIZZLING SKILLET WITH TORTILLAS, CHEDDAR CHEESE, SOUR CREAM & SALSA (G/D)  
WITH CHICKEN €19.50      WITH BEEF €20.50      WITH PRAWNS €21.50

## SIDE ORDERS

HOUSE FRIES €3.20	SAUTE MUSHROOMS (D) €3.20	BASIL WHIPPED POTATOES (N/D) €3.20
VEGETABLES & POTATOES OF THE DAY (G/D) €3.80	BAKED POTATO €3.20	LYONNAISE POTATOES (D) €3.80
GARLIC CHEESE BREAD (G/D) €3.20	SIDE SALAD (G/D) €3.20	BRAISED RED CABBAGE (S) €3.20
ONION RINGS (G/D) €3.20	GRATIN POTATOES (D) €4.00	SWEET CHILLI WEDGES €3.80

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

## ALLERGENS

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  
**GLUTEN FREE/COELIAC FRIENDLY OPTIONS AVAILABLE, PLEASE CHECK WITH YOUR SERVER**

## OUR SUPPLIERS

**MEAT:** NIAL HEFFERNAN BUTCHERS CLAREMORRIS, DAWN MEATS BALLYHAUNIS, DEREK SHERIDAN BUTCHERS TUBBERCURRY & MILL MEATS MILLTOWN **POULTRY:** COSTELLO McDERMOTT **FISH:** STARCREST SEAFOOD & STAR SEAFOODS GALWAY **DAIRY:** PAT HESSION CONNAUGHT GOLD **EGGS:** WEST-A-WAKE KILTIMGH **SPECIALITY ITEMS:** PALLAS FOODS **VEGETABLES:** TOM CONNOLLY HOLLYMOUNT & BALLA MUSHROOMS **ORGANIC SALAD:** AUDREY HESSION WILLIAMSTOWN **BREADS:** O'HARA'S **COFFEE:** FLANNERY COFFEE MILTOWN