

# THE OLD ARCH BAR & BISTRO

## APPETISER

### SMOKED SALMON & SHRIMP MARIE ROSE PARCEL €10.50

WITH RED ONION & CAPERS 3,4,5,7

### CLEW BAY STEAMED MUSSELS €12.50

COOKED IN THEIR SHELLS WITH GARLIC WHITE WINE CHIVES & CREAM REDUCTION **OR** IN COCONUT GINGER & SPRING ONION BROTH 7,8

### GOAT'S CHEESE BON BONS €9.50

PANKO CRUMBED, FRIED SERVED ON A BEETROOT, APPLE & RED ONION RELISH WITH A BASIL PESTO VINAIGRETTE 2,4,7,10

### FRESHLY MADE SOUP OF THE DAY €6.50 2,7

### CRAB DUO €12.50

CRUMBED & FRIED CRAB CLAWS WITH A SWEET MUSTARD DIP & PARMESAN & MOZZARELLA GRATINED CRAB BRULEE SERVED WITH CRACKERS 2,3,7

### DUCK SPRING ROLLS €9.50

WITH A HOISIN GINGER SAUCE, PICKLED CUCUMBER & CRANBERRY FIVE SPICE KETCHUP 2,4,12

### BANG BANG PRAWNS €10.50

CRISPY FRIED, DRIZZLED WITH A MILD CHILI & SRIRACHA LIME DRESSING, SERVED OVER HOUSE MIXED LEAVES 2,3

### BLUE CHEESE PEAR & SPINACH SALAD €9.50

WITH TOASTED PINE NUTS, RED ONION & A BALSAMIC VINAIGRETTE 7,10

### CAESAR SALAD €8.50

ROMAINE LETTUCE TOSSED WITH CAESAR DRESSING PARMESAN CHEESE SHAVINGS & CROUTONS 2,3,4,5,7 **with CHICKEN €9.50** **with SALMON €10.00** **with CAJUN PRAWNS €10.50**

### CRISPY MUSHROOMS €9.00

GOLDEN FRIED BREADED MUSHROOMS WITH GARLIC CHIVE MAYONNAISE 2,4,7

### ATLANTIC SEAFOOD CHOWDER €9.00 1,2,3,5,7,8

## SALADS

### SEAFOOD PLATTER €26.50

A SALAD OF CRAB, SMOKED SALMON, SHRIMP & POACHED SALMON SERVED WITH HOUSE SALAD & A WARM BOWL OF MUSSELS IN A GARLIC CREAM BROTH 3,5,8,14

### BUILD YOUR OWN SALAD €16.50

HOUSE CAESAR SALAD **OR** TOSSED HOUSE SALAD 2,3,4,7

8oz TERIYAKI STRIPLOIN STEAK €9.00 **add** PERI PERI CHICKEN FILLET €5.00 **add** CAJUN SPICED PRAWN SKEWERS €5.00 **add**

## FISH & FOWL

### GINGER CRUSTED SALMON €21.00

SUPREME OF SALMON TOPPED WITH CRUSHED GINGER, MARINATED IN GARLIC, SOY & LIME JUICE SERVED OVER WILTED SPINACH 5,12

### GRILLED SALMON €21.00

YOUR CHOICE OF CAJUN, PESTO CRUSTED OR PLAIN GRILLED SALMON SUPREME SERVED ON MASHED POTATO WITH A SHRIMP & BASIL CREAM SAUCE 5,7,10

### PARMESAN CRUSTED CHICKEN €19.50

BREAST OF CHICKEN COATED IN PARMESAN CHEESE, PAN FRIED, SERVED WITH GARLIC MASHED POTATO, SUNDRIED TOMATO & MUSHROOM CREAM SAUCE 2,4,7

### CHEFS FISH CREATION

PLEASE ASK YOUR SERVER FOR DETAILS & MARKET PRICE

### TEMPURA JUMBO PRAWNS €23.00

FRIED IN A LIGHT CRISPY BATTER WITH A WASABI MASH POTATO DUO OF SWEET CHILLI SAUCE & PESTO CREAM SAUCE 2,3,7

### BAKED FILLET OF COD €23.00

SERVED ON A CHORIZO, CANNELLINI BEAN CASSOULET & GARLIC BREAD 2

### SURF & TURF €25.50

GRILLED 4OZ FILLET MIGNON & PAN FRIED JUMBO SHRIMP SERVED WITH GARLIC WHITE WINE & CREAM REDUCTION 3,7

### ROAST FIVE SPICE HALF DUCK €23.00

WITH CRANBERRY WHIPPED POTATO, RED ONION CONFIT & MADEIRA JUS 7

### OLD ARCH CHICKEN SUPREME €19.50

BREAST OF CHICKEN STUFFED WITH BLACK PUDDING, WRAPPED IN BACON & SERVED WITH A MUSHROOM & BRANDY SAUCE 2,4,7

### MAMA ROSA CHICKEN €19.50

SAUTÉED CHICKEN PIECES, MUSHROOMS & SUNDRIED TOMATOES, IN A ROASTED RED PEPPER & GARLIC CREAM SAUCE, TOSSED IN FETTUCCHINE PASTA, SPRINKLED WITH PARMESAN CHEESE & GARLIC BREAD 4,7

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## FROM THE BUTCHERS BLOCK

### PRIME IRISH HEREFORD BEEF

**STRIPLOIN STEAK** <sup>2,7</sup>  
8 oz €24.50 12oz €28.50

**FILLET STEAK** <sup>2,7</sup>  
9 oz €31.50

**YOUR CHOICE OF** BRANDY & MUSHROOM SAUCE | PEPPER SAUCE | BLUE CHEESE CREAM SAUCE | GARLIC BUTTER <sup>2,7</sup>  
ALL STEAKS SERVED WITH SAUTÉ MUSHROOMS & ONION RINGS, BAKED POTATO **OR** HOUSE FRIES <sup>2,7</sup>

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

**RACK OF LAMB €26.50**  
SPLIT IN THREE & MARINATED WITH GARLIC & HERBS, SERVED ON MINTED SAUTÉED POTATOES <sup>2,7</sup>

**PORK MEDALLIONS DIANE €22.00**  
BREADED & PAN FRIED WITH A LEMON, DIJON & WORCESTERSHIRE SAUCE, SERVED OVER GARLIC MASHED POTATOES <sup>2,7,9</sup>

**FILLET MEDALLIONS €29.50**  
CHEF'S SPECIAL, PREPARATION CHANGES DAILY, PLEASE ASK YOUR SERVER FOR DETAILS <sup>2,7</sup>

### MEXICAN FAJITAS <sup>2,7</sup>

SERVED ON A SIZZLING SKILLET WITH TORTILLAS, CHEDDAR CHEESE, SOUR CREAM & SALSA  
**with CHICKEN €20.50 | with BEEF €21.50 | with PRAWNS €22.50**

## VEGETARIAN & VEGAN

### VEGAN FAJITAS €19.00

PAN FRIED VEGETABLES & KIDNEY BEANS, IN A FAJITA SAUCE SERVED ON A SIZZLING SKILLET WITH TORTILLAS, SALSA & RICE <sup>2</sup>

**GARDEN PENNE PASTA €19.00**  
PENNE PASTA, BROCCOLI, MANGETOUT, COURGETTE & SPINACH IN A BASIL PESTO CREAM SAUCE SERVED WITH GARLIC BREAD <sup>2,7,10</sup>

**CAULIFLOWER STEAK €19.00**  
ROASTED IN SMOKED PAPRIKA & OLIVE OIL, SERVED WITH ROASTED RED PEPPERS, BLACK OLIVES, FETA CHEESE, TOASTED ALMONDS & BASIL PESTO WITH SPRING ONION BASMATI RICE <sup>7,10</sup>  
\*CAN BE ADAPTED TO BE VEGAN

**SWEET POTATO, CHICKPEA, CRUSHED TOMATO & COCONUT MILK CURRY €19.50**  
SERVED WITH BASMATI RICE, ROASTED PEANUTS, CILANTRO, POPPADOM & A WEDGE OF LIME <sup>10</sup>

## SIDE ORDERS

**HOUSE FRIES €4.00**

**VEGETABLES & POTATOES OF THE DAY <sup>2,7</sup> €4.50**

**BAKED POTATO €4.00**

**ONION RINGS <sup>2,7</sup> €4.00**

**SAUTÉED MUSHROOMS <sup>7</sup> €4.00**

**SIDE SALAD <sup>2,7</sup> €3.20**

**GARLIC CHEESE BREAD <sup>2,7</sup> €4.00**

**GRATIN POTATOES <sup>7</sup> €5.00**

**BASIL WHIPPED POTATOES <sup>7,10</sup> €4.00**

**BRAISED RED CABBAGE <sup>1,3</sup> €4.00**

**LYONNAISE POTATOES <sup>7</sup> €4.50**

**SWEET CHILLI WEDGES €4.50**

ALL DISHES (EXCEPT VEGETARIAN, PASTA & FAJITAS DISHES) SERVED WITH VEG & POTATO OF THE DAY

### ALLERGENS

OUR VEGETABLES MAY CONTAIN DAIRY & SEASONING, PLEASE CONSULT YOUR SERVER AS THESE CAN BE OMITTED. 1 - CELERY, 2 - CEREALS CONTAINING GLUTEN, 3 - CRUSTACEANS, 4 - EGGS, 5 - FISH, 6 - LUPIN, 7 - MILK, 8 - MOLLUSCS, 9 - MUSTARD, 10 - PEANUTS, 11 - SESAME SEEDS, 12 - SOYBEANS, 13 - SULPHUR DIOXIDE, 14 - SULPHITES. GLUTEN FREE / COELIAC FRIENDLY OPTIONS AVAILABLE, PLEASE CHECK WITH YOUR SERVER

### OUR SUPPLIERS

**MEAT:** NIALL 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