

The Old Arch Bar & Bistro

Appetisers

**SMOKED SALMON & SHRIMP
MARIE ROSE PARCEL €10.50**
WITH RED ONION & CAPERS 3,4,5,7 GF

**CHILLI CHORIZO
PRAWNS €12.50**
SAUTÉED KING PRAWNS & CHORIZO
IN A GARLIC & CHILLI FLAKES
BUTTER SERVED WITH TOASTED
SOUR DOUGH BREAD 2,3,7

**BLUE CHEESE PEAR &
SPINACH SALAD €9.50**
WITH TOASTED PINE NUTS,
RED ONION & A BALSAMIC
VINAIGRETTE 7,10

**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 GF

DUCK SPRING ROLLS €9.50
WITH A HOISIN GINGER SAUCE,
PICKLED CUCUMBER & CRANBERRY
FIVE SPICE KETCHUP 2,4,12

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**

**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

BANG BANG PRAWNS €10.50
CRISPY FRIED, DRIZZLED WITH
A MILD CHILI & SRIRACHA LIME
DRESSING, SERVED OVER HOUSE
MIXED LEAVES 2,3

CRISPY MUSHROOMS €9.00
GOLDEN FRIED BREADED
MUSHROOMS WITH GARLIC
CHIVE MAYONNAISE 2,4,7

Soup & Salads

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

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

SEAFOOD PLATTER €26.50
A SALAD OF SMOKED SALMON, SHRIMP & POACHED SALMON
SERVED WITH HOUSE SALAD & A WARM BOWL OF MUSSELS
IN A GARLIC CREAM BROTH 3,5,8,14 GF

BUILD YOUR OWN SALAD €16.50
HOUSE CAESAR SALAD OR TOSSED HOUSE SALAD 2,3,4,7
8oz CAJUN STRIPLOIN STEAK €9.00 add
PERI PERI CHICKEN FILLET €5.00 add
CHILLI & GARLIC PRAWN €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 & MASHED POTATO 5,12 GF

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 GF

CHEFS FISH CREATION
PLEASE ASK YOUR SERVER FOR
DETAILS & MARKET PRICE

**ROAST FIVE SPICE
HALF DUCK €23.00**
WITH CRANBERRY WHIPPED
POTATO, RED ONION CONFIT &
MADEIRA JUS 7 GF

**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

**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

**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

SURF & TURF €25.50
GRILLED 4OZ FILLET MIGNON
& PAN FRIED JUMBO SHRIMP
SERVED WITH GARLIC WHITE WINE
& CREAM REDUCTION 3,7 GF

BAKED FILLET OF COD €23.00
SERVED ON A CHORIZO,
CANNELLINI BEAN CASSOULET
& GARLIC BREAD 2 GF

MAMA ROSA CHICKEN €19.50
SAUTÉED CHICKEN PIECES,
MUSHROOMS & SUNDRIED
TOMATOES, IN A ROASTED RED
PEPPER & GARLIC CREAM SAUCE,
TOSSED IN FETTUCCINE PASTA,
SPRINKLED WITH PARMESAN
CHEESE & GARLIC BREAD 2,4,7

From the Butchers Block

CHAR-GRILLED PRIME IRISH HEREFORD BEEF

STRIPLOIN STEAK

8 oz €24.50 12oz €28.50 ^{2,7}

FILLET STEAK

9 oz €31.50 ^{2,7}

YOUR CHOICE OF

BRANDY & MUSHROOM SAUCE | PEPPER SAUCE | BLUE CHEESE CREAM SAUCE | GARLIC BUTTER ^{2,7}
ALL STEAKS SERVED WITH SAUTÉ MUSHROOMS & ONION RINGS, BAKED POTATO OR HOUSE FRIES ^{2,7}

RACK OF LAMB €26.50

SPLIT IN THREE & MARINATED WITH GARLIC & HERBS, SERVED ON MINTED SAUTÉED POTATOES ^{2,7}

FILLET MEDALLIONS €29.50

CHEF'S SPECIAL, PREPARATION CHANGES DAILY, PLEASE ASK YOUR SERVER FOR DETAILS ^{2,7}

PORK MEDALLIONS DIANE €22.00

BREADED & PAN FRIED WITH A LEMON, DIJON & WORCESTERSHIRE SAUCE, SERVED OVER GARLIC MASHED POTATOES ^{2,7,9}

MEXICAN FAJITAS ^{2,7}

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 ²

GARDEN PENNE PASTA €19.00

PENNE PASTA, BROCCOLI, MANGETOUT, COURGETTE & SPINACH IN A BASIL PESTO CREAM SAUCE SERVED WITH GARLIC BREAD ^{2,7,10}

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 ^{7,10} GF

SWEET POTATO, CHICKPEA, CRUSHED TOMATO & COCONUT MILK CURRY €19.50

SERVED WITH BASMATI RICE, ROASTED PEANUTS, CILANTRO, POPPADOM & A WEDGE OF LIME ¹⁰ GF

*CAN BE ADAPTED TO BE VEGAN

Side Orders

BRAISED RED CABBAGE ^{1,3} €4.00

SAUTÉED MUSHROOMS ⁷ €4.00 GF

SWEET CHILLI WEDGES €4.50 GF

HOUSE FRIES €4.00 GF

VEGETABLES & POTATOES OF THE DAY ^{2,7} €4.50

BAKED POTATO €4.00 GF

GARLIC CHEESE BREAD ^{2,7} €4.00

GRATIN POTATOES ⁷ €5.00 GF

BASIL WHIPPED POTATOES ^{7,10} €4.00 GF

ONION RINGS ^{2,7} €4.00

LYONNAISE POTATOES ⁷ €4.50 GF

SIDE SALAD ^{2,7} €3.20

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

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

GF DENOTES "GLUTEN FREE". MOST OTHER DISHES CAN BE ADAPTED TO GF, COELIAC FRIENDLY, PLEASE CONSULT YOUR SERVER.

OUR SUPPLIERS MEAT: NIALL HEFFERNAN BUTCHERS CLAREMORRIS, DAWN MEATS BALLYHAUNIS, MCHALE MEATS CASTLEBAR
POULTRY: COSTELLO McDERMOTT FISH: STARCREST SEAFOOD & STAR SEAFOODS GALWAY DAIRY: PAT HESSION CONNAUGHT GOLD
EGGS: WEST-A-WAKE KILTIMAGH SPECIALITY ITEMS: PALLAS FOODS VEGETABLES: TOM CONNOLLY HOLLYMOUNT & BALLA MUSHROOMS,
CLAR IRD GROW LOCALLY BREADS: SUPERVALU CLAREMORRIS COFFEE: FLANNERY COFFEE MILTOWN