



OCEAN SANDS  
HOTEL



WELCOME TO  
*The Ocean Restaurant*

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*Evening  
Menu*

Monday - Saturday  
5pm - 8.30pm

## OUR HEAD CHEF'S STORY

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# *Marcin Szczodrowski*

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From the city of Staragard Gdański in northern Poland, from a very young age Marcin became fascinated by all things cooking and food related. He says that the lessons he learned at the hems of his grandmother's skirts have been with him forever. "Grandma taught me to appreciate fresh organic products. She has a huge garden, and she grows fresh veg and fruits. When my parents were working, I used to go to my grandmother every day after school. I would help her in the garden and then we would go into her kitchen and cook the fresh produce. I have seen everything from the beginning of the process, from planting to cooking. Through those early experiences, I learned how important it is to work hard in the garden, and how much time and dedication is required to get things exactly right. Knowing this has taught me to respect fresh produce, which in turn has shown me not to waste anything."

Authentic food provenance is an essential foundation of Marcin's cooking. "I think I brought it from my teenage years. Having knowledge about the produce is a great help in the kitchen, and I enjoy using as much local produce as possible." As well as absorbing everything about fresh produce from his grandmother, Marcin had another teacher. His grandfather was a butcher and taught the enthusiastic young chef all about meat, its preparation, and its presentation. "When my grandfather worked as a butcher," explains Marcin, "he showed me how to divide and cut. My parents were surprised that at the age of 12 I might be interested in such a career. Of course, at such a young age I didn't know that one day I would be a professional chef, but there's no doubt that the inspiration and influences from my grandmother and grandfather directed me to be where I am now."

Back in 2007, at the age of 19, having finished his culinary studies, leaving Staragard Gdański for Ireland was a challenging thing to do. With very little English to guide him through the linguistic bewilderments that rural Irish accents can sometimes conjure up ("I had English in school for a few years, but that's a different story if you fly to another country and you are speaking it. To be honest, it was not easy being in a different country with a different language, with no relatives or family"), he nonetheless got stuck in and progressed. Through setting goals for himself and his craft, through layers of ambition that gradually came to something very good indeed, he reached what he was aiming for and hasn't looked back.

## To Begin

### *Chef's Soup of the Day* €6.50

Garlic Croutons, Homemade Guinness Brown Bread.

Allergens 1,7,9,12.

### *Hot and Spiced Chicken Wings* €9.95

Marinated in Chili, Paprika, Garlic, Franks Hot Sauce, Honey, Butter, Blue Cheese Dip.

Allergens 1,3,6,10.

### *Atlantic Seafood Chowder* €9.95

Hake, Smoked Salmon, Prawns, Mussels & Salmon, Homemade Guinness Brown Bread.

Allergens 1,2,4,7,9,12,13,14.

### *Grilled Halloumi Bruschetta* €9.95

Heirloom Tomato & Grilled Halloumi on Brioche Bread, Finished with Basil Pesto.

Allergens 1,3,7.

### *Cajun Chicken Caesar Salad* €8.95

Smoked Streaky Bacon, Anchovies, Garlic Croutons, Fresh Shaved Parmesan.

Allergens 1,3,4,10.

### *Duo of Duck* €10.95

Duck Pate Crème Brûlée and Crispy Spring Roll, Homemade Pear and Peach Chutney, Bread Crisp.

Allergens 1,3,7,10.

### *Nozzio Cheese Salad* €8.95

Candied Walnuts, Cherry Tomatoes, Red Onions, Cucumber, Red Pepper Drops.

Allergens 7,8.

### *Prawns Pil Pil* €10.95

Chilli, Garlic & Coriander Prawns in Lemon Zest, Olive Oil, Brioche Bread.

Allergens 1,2,4,7,10,13,14.

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#### ALLERGENS

1. Cereals containing gluten
2. Crustaceans
3. Eggs
4. Fish
5. Peanuts
6. Soybeans
7. Milk
8. Nuts
9. Celery
10. Mustards
11. Sesame Seeds
12. Sulphur Dioxide & Sulphites
13. Lupin
14. Mollusks

# Main Courses

## *Roast of the Day* €15.95

Please ask your server about todays Roast,  
Mash Potato & Seasonal Vegetables.  
Allergens 1,3,7,9,12.

## *Posh Fish and Chips* €18.95

Fresh Filet of Atlantic Cod in Light Beer Batter,  
Prawn Skewer, Citrus Caper Aioli,  
Double cooked chips & Salad Garnish.  
Allergens 1,2,3,4,10,12.

## *Catch of the Day* (Market Price)

Fresh Vegetables & Chefs Potato Special.  
Allergens 1,2,3,4,7,9,12.

## *What the Butcher Brings* (Market Price)

Daily Steak of The Day  
Black Garlic Butter, Pepper Sauce, Double Cooked Chips.  
Allergens 1,7,9,12.

## *Grilled Irish Chicken Supreme* €19.95

Creamy Mash Potato, Cider Mustard Crème,  
Roasted Summer Vegetables.  
Allergens 7,9,10,12.

## *Tubbercurry Braised Pork Belly* €18.95

Carrot and Parsnip Puree, Creamy Mash,  
Rosemary Red Wine Jus, Bacon Dust.  
Allergens 7,9,10,12.

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## Main Courses

### *Ocean Sands Chicken Curry* €16.95

Stir Fry Chicken and Vegetables with Rice.

Allergens 6,7,9,10,12.

### *Sligo Beef Burger* €17.95

8oz Grilled Beef Burger Bun with Melted Local 3 month Aged Alpine Style Cheese, Smoked Bacon, Outback Sauce & Red Onions with Baby Gem Lettuce, Hand-Cut Chips & House Salad. Allergens 1,3,7,10,12.



### *Vegetable Stir-Fry* €14.95

Noodles & Seasonal Vegetables with Asian Coriander Sauce.

Allergens 1,3,4,6.

Add Chicken €3.00

Add Prawns €4.00

Add Beef €4.00

### *Vegetable Curry* €14.95

Seasonal Vegetables & Chickpeas with

Basmati Rice & Poppadom.

Allergens 6,7,9,10,12.

## Sides

€3.95

*Mashed Potato | Rice | Mixed Salad*  
*Seasonal Vegetables | Home Cut Chips*

€4.50

*Gratin Potatoes*

## Our Suppliers

WEST A WAKE EGGS, KILTIMAGH, CO. MAYO,

SHERLOCKS OF TUBBERCERRY, CO. SLIGO, (BEEF, CHICKEN),

MCHALES MEATS (PORK, CHICKEN & DUCK), CARRS FOODS, BALLINA,

DOZIO CHEESE, CARRACASTLE, CO. MAYO,

CNOIC GLAS (ORGANIC HONEY, MICROHERBS),

GARVIN SEAFOODS BALLINA, CO. MAYO.

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# Wine

## White Wine

*House Wine by Glass* €6.50  
175ml

*Lazo Sauvignon Blanc* €6.50/€22  
CHILE

This wine has a refreshing, elegant flavour with notes like green apple, lime, and acacia flowers.

*Vila Belvedere Pinot Grigio* €6.50/€24  
ITALY

This wine has flavours of red apple and hints of roasted hazelnuts.

*Hardy's Chardonnay* €20  
AUSTRALIA

This wine has intense aromatics of melon and white peach, combined with notes of spicy oak.

*Kapuka Sauvignon Blanc* €28  
NEW ZEALAND

Classically Marlborough with bright fine lime citrus notes and pungent gooseberry aromas.

## Rose

*Bellafontaine* €6.50/€28  
ITALY

## Prosecco

*Bottle* €25  
*Snipes* €7.50

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# Wine

## Red Wine

*House Wine by Glass* €6.50  
175ml

*Lazo, Cabernet Sauvignon* €6.50/€22  
CHILE

Blackcurrant and blackberry flavours together with the sweet aroma of vanilla in a deliciously fruity, easy, approachable wine.

*Vila Belvedere Merlot* €6.50/€24  
ITALY

Full body low tannins, notes of black currant, cherry, raspberry.

*Finca Las Moras Malbec* €24  
ARGENTINA

It has a natural power and strength with rich bramble fruit flavours of blackberries, blackcurrants, and plums together with a dark chocolate intensity.

*Right Wave Pinot Noir* €24  
CHILE

This wine features a bouquet of raspberries and black cherry with a subtle smoky-mocha oak influence.

*Rioja Vega Paya* €27  
SPAIN

Ruby red in colour with bold inviting aromas of cherries and spices that explode from the glass that offer a fine, fresh and well-orchestrated palate.

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## Homemade Desserts

€7.50

*Selection of Ice-Cream*

*Cheesecake of The Day*

Served with Vanilla Ice Cream

*Rhubarb Crumble*

Hot Vanilla Custard & Vanilla Ice Cream.

*Passionfruit & Mango Panna Cotta*

Served with a Mango Sorbet, Chantilly Cream  
and Mini Macarons.

*Rum Baba*

Cake soaked in Rum with Honeycomb Ice Cream.

*Deep Fried Bao Bun*

Warm Butterscotch Sauce and Honeycomb Ice Cream.

*White Chocolate and Raspberry Mousse*

All contain Allergens 1,3,7,8.

## Specialty Drinks

*Regular Coffee* €2.50

*White Coffee* €2.50

*Latte* €3.00

*Hot Chocolate* €3.00

Flavorings: Caramel, Vanilla & Hazelnut 50c

*Tea* €2.50

*Espresso* €2.50

*Cappuccino* €3.00

*Herbal Tea* €2.50

*Hot Liquor Coffee* €6.00

Irish, Baileys, Russian, Mexican, Calypso.

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