



OCEAN SANDS
HOTEL



WELCOME TO
The Ocean Restaurant

*Evening
Menu*

Monday - Saturday
5pm - 8.30pm

OUR HEAD CHEF'S STORY

Marcin Szczodrowski

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 €6.95

Topped with Garlic Croutons and served with Homemade Guinness Brown Bread.

Allergens: 1,7,9,10.

Sticky Asian Glazed Chicken Wings €9.95

Marinated in a finger licking blend of Cnoic Glas Apiary Honey, Chili Pepper, Paprika, Garlic, Coriander, Sweet Chili and Hoisin Sauce and Black Sesame Seeds.

Allergens: 1(barley),6,11,12.

Roasted Beetroot & Donegal Bay Smoked Salmon €10.95

Roasted Beetroot Carpaccio and Smoked Salmon in Lemon and Dill Oil Saffron Aioli and Brown Bread.

Allergens: 1(wheat),3,4,7.

Atlantic Seafood Chowder €9.95

Homemade chowder packed with chunks of salmon, prawns, mussels and smoked salmon. Served with Homemade Guinness Brown Bread. Allergens: 1,2,4,7,9,12,13,14.

Warm Duck Confit, Figs & Grilled Pear Salad €10.95

Confit Silver Hill Irish Duck served with a delicious combination of Grilled Pears, Baby Leaves, Cucumber, Red Onions, Cherry Tomatoes and a Honey-Mustard Dressing. Allergens: 1,6,9,10.

Lissadell Mussels €11.95

Sweet Sligo Mussels in a White Wine Cream Sauce with Shallots and Garlic Crusty Garlic Bread. Allergens: 1,2,7,14.

Venison Sausage €9.95

Seasonal Wild Venison Sausages served with a Blackberry Mustard Sauce, Baby leaves and Figs.

Allergens: 1(wheat),10.

Wild Mushroom Bruschetta €9.95

Toasted Sourdough Bread topped with a glorious combination of Wild Mushrooms, Truffle Oil, Dozio cheese and Pesto. Allergens: 1,7,10.

Thai Tiger Prawns €10.95

Tiger Prawns served in a Green Thai curry Sauce with Basil, Coconut Milk, accompanied by Garlic and Coriander Naan Bread. Allergens: 1,2,4,9,12,14.

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 €16.95

Please ask your server about today's Traditional Roast. Served with Creamy Mashed Potato and Seasonal Vegetables. Allergens: 1,3,7,9,12.

Posh Fish and Chips €18.95

Fresh Fillet of Cod in a Light Crispy Beer Batter served with a Prawn Skewer, Citrus Caper Aioli, Twice Cooked Chips and Salad. Allergens: 1,2,3,4,10,12.

What the Boat Brings... (market price)

Today's Freshest Seafood served with Seasonal Vegetables and the Chef's Potato Special. Allergens: 2,3,4,7,9,12.

What the Butcher Brings... (market price)

Premium Irish Steak of the Day served with a Black Truffle and Garlic Butter, Pepper Sauce and Twice cooked chips. Allergens: 7,9,10,12.

Slow Braised Beef Cheek €22.95

Tender Beef Cheek slow braised in Red Wine for 14 hours, Caramelised Carrot, Red Cabbage and Horseradish Purée, Mashed Potato, and Seasonal Vegetables. Allergens: 7,9,10,12.

Confit Duck Leg €21.95

Succulent Confit Leg of Duck slow cooked for 8 hours and served in a Plum Sauce with Red Cabbage and Horseradish Purée, Mashed Potato and Seasonal Vegetables. Allergens: 7,9,10,12.

Tubbercurry Beefburger €18.95

A juicy 8oz Grilled Sligo Beefburger in a Chipotle Bun, topped with melted local Alpine-style Aged Cheese, Smoked Bacon, Beef Tomato, Red Onions, Mustard Truffle and Mayonnaise, Chips & Salad. Allergens: 1,3,7,10,11,12.

Pumpkin Spinach & Ricotta Lasagne €15.95

A beautiful combination of Pumpkin, Spinach and Butternut Squash, layered with Fresh Pasta and Ricotta Cheese. Served with Twice-Cooked Chips and a Salad Garnish. Allergens: 1,3,7,9,10,12.

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Main Courses

Green Thai Curry

€16.50

Green Homemade Curry, Fresh Basil, Coriander, Green Chili, Lime, Ginger in Light Coconut Milk Sauce, with combination of Seasonal Wok Fried Vegetables. Basmati Rice and Garlic and Coriander Naan Bread.

Add Chicken €3.25

Add Prawns €4.25

Allergens: 1,2,4,9,12,14.

Grilled Irish Chicken Supreme

€19.95

Tender grilled Chicken Supreme served on Creamy Mashed Potato, Wild Mushroom and Truffle Whiskey Sauce and Roasted Seasonal Vegetables. Allergens: 7,9,10,12.

Kale Pesto Chorizo Pappardelle Pasta

€17.50

Butterfly Pasta tossed in a Homemade Kale Pesto with Piquant Spanish Chorizo and topped with Parmesan Shavings. Allergens: 1,3,7,9.

Sides

€4.50

Mashed Potato | Basmati Rice

Mixed Salad | Baby Potatoes

Twice Cooked Chip | Seasonal Vegetables

Skinny Chips

Our Suppliers

WEST A WAKE EGGS, KILTIMAGH, CO. MAYO,
SHERLOCKS OF TUBBERCURRY, 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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Homemade Desserts

€7.95

Rum Baba

Cake soaked in Rum with Honeycomb Ice Cream.

Apple & Winter Berry Crumble

Vanila Ice-cream & Whipped Cream.

Deep Fried Bao Bun

Warm Butterscotch Sauce and Honeycomb Ice Cream.

Mirka's Cheesecake of The Day

Vanila Ice-cream & Whipped Cream.

Tiramisu

Covered with Chocolate served with a shot of Espresso.

Raspberry Amaretto Crunch Cake

Warm Raspberry Amaretto Cake, Fresh Cream, Vanila Ice Cream.

Belgian Chocolate Brownie

Warm Chocolate Brownie, Milk Chocolate Sauce, Vanila Ice Cream.

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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