



OCEAN SANDS
HOTEL

OCEAN BAR
&
RESTAURANT

LUNCH
MENU

Monday - Saturday
12.30pm - 4pm

WELCOME TO THE
OCEAN RESTAURANT

LUNCH MENU

To Begin

CHEFS SOUP OF THE DAY	€6.95	WARM DUCK CONFIT, FIGS & GRILLED PEAR SALAD	€10.95
Garlic Croutons, Homemade Guinness Brown Bread. Allergens: 1,7,9,10.		MAIN COURSE	€16.95
ASIAN GLAZED CHICKEN WINGS	€9.95	Confit Silver Hill Irish Duck, grilled Pears, Baby Leaves, Cucumber, Red Onions, Cherry Tomatoes, Mustard-Honey Dressing. Allergens: 1,6,9,10.	
MAIN COURSE	€16.95	LISSADELL MUSSELS	€11.95
Marinated in chili, Paprika, garlic, coriander, Cnoic Glas Apiary Honey, Sweet Chili and Hoisin, Black Sesame Seed. Allergens: 1(barley),6,11,12.		MAIN COURSE	€17.95
ATLANTIC SEAFOOD CHOWDER	€9.95	Shallots, Garlic, White Wine Cream Sauce, Garlic Bread. Allergens: 1,2,7,14.	
Salmon, Prawns, Mussels, Smoked Salmon Homemade Guinness Bread. Allergens: 1,2,4,7,9,12,13,14.		WILD MUSHROOMS BRUSCHETTA	€9.95
		Wild Mushrooms, Truffle Oil, Dozzio Cheese, Pesto on Sourdough Bread. Allergens: 1,7,10.	

Main Courses

ROAST OF THE DAY	€16.95	GREEN THAI CURRY	€16.50
Please ask Your server about today's Roast, Mash Potato & Seasonal Vegetables. Allergens: 1,3,7,9,12.		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 Ggarlic and Coriander Naan Bread.	
VENISON SAUSAGE	€16.95	ADD CHICKEN €3.25 / ADD PRAWNS €4.25	
Wild Venison, Blackberry Mustard Sauce, Mash Potato & Seasonal Vegetables. Allergens: 1(wheat)7,10,12.		Allergens: 1,2,4,9,12,14.	
FISH AND CHIPS	€17.95	KALE PESTO CHORIZO PAPPARDELLE PASTA	€17.50
Fresh Filet of Cod in Light Beer Batter, Citrus Caper Aioli, Twice Cooked Chips, Pea Puree & Salad. Allergens: 1,2,3,4,10,12.		Spanish Chorizo, Home Made Kale Pesto, Parmesan Shavings tossed with Pappardelle Pasta. Allergies: 1,3,7,9.	
SLIGO BEEF BURGER	€18.95	FARMER MELT	€10.95
8oz Grilled Tubbercurry Beef Burger, Chipotle Bun, Melted local Aged Alpine Style Cheese, Smoked Bacon, Beef Tomatoes, Red Onions, Mustard Truffle Mayonnaise. Allergens: 1,3,7,10,11,12.		ADD SMALL SOUP	€3.95
PUMPKIN, SPINACH & RICOTTA LASAGNE	€15.95	Smoked Bacon, Cajun Chicken Melted Swedish Cheese, Tomato, Basil Mayonnaise on Sourdough bread. Salad Garnish and Cheese & Onion Crisps. Allergens: 1,3,7,10,12.	
Pumpkin, Spinach, Butternut Squash, layered between Fresh Pasta, Ricotta Cheese. Served with Twice Cooked Chips & Salad Garnish. Allergens: 1,3,7,9,10,12.		CHICKEN WRAP	€9.95
		ADD SMALL SOUP	€3.95
		Crispy Chicken Strips, Red Onion, Cheddar Cheese, Siracha Mayonnaise, Salad Garnish and Crisps. Allergens: 1,3,7,10,12	

Sides €4.50

MASHED POTATO | BASMATI RICE | MIXED SALAD | BABY POTATOES | TWICE COOKED CHIPS
SEASONAL VEGETABLES | SKINNY CHIPS

Desserts €7.95

RUM BABA	MIRKA'S CHEESECAKE OF THE DAY
Cake soaked in Rum with Honeycomb Ice Cream. Allergens: 1,3,7.	Vanilla Ice Cream & Whipped Cream. Allergens: 1,3,7.
APPLE & WINTER BERRY CRUMBLE	RASPBERRY AMARETTO CRUNCH CAKE
Vanilla Ice-cream & Whipped Cream. Allergens: 1,3,7.	Warm Raspberry Amaretto Cake, Fresh Cream, Vanilla Ice Cream. Allergens: 1,3,7.
DEEP FRIED BAO BUN	BELGIAN CHOCOLATE BROWNIE
Warm Butterscotch Sauce and Honeycomb Ice Cream. Allergens: 1,3,7.	Warm Chocolate Brownie, Milk Chocolate Sauce, Vanilla Ice Cream. Allergens: 1,3,7.

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