



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

Soup of the Day [Allergens: 1,7,9,12] €6.95

BBQ & Chilli Glazed Chicken Wings €9.50

Crispy Fresh two joint Chicken Wings, glazed in Homemade Sauce with Conie Glass Local Honey, finished with Black Sesame Seeds. [Allergens: 1(barley)6,9,11,12]

Short Rib Beef Croquette €10.50

Slow braised Beef Croquet with House Relish, Cracked Pepper Mayonnaise, Beetroot Gel and Homemade Spicy Kimchi. [Allergens: 1,3,7,9,10]

Atlantic Seafood Chowder €9.95

Homemade Chowder packed with chunks of Salmon, Prawns, Cod, Smoked Salmon with Homemade Brown Bread. [Allergens: 1,2,3,4,7,9,12]

Chilli, Garlic Butter Prawns €10.95

Five Tiger Prawns in Homemade Garlic, Chilli butter on Garlic Sourdough Bread and Salad Garnish. [Allergens: 1,2,3,7,10]

Heirloom Tomatoes & Bufalo Mozzarella Bruschetta €9.50

Toasted Sourdough Bread topped with Heirloom Tomatoes in fresh Basil and Garlic, topped with Melted Buffalo Soft Mozzarella Cheese. [Allergens: 1,3,7,10]

Boilie Goat Cheese & Caramelized Red Onion Salad €9.50

A soft and crumbly Cheese, with a clean aroma, typical of a Garlic flavour. Red Onions caramelized in Red Wine, Balsamic, Star Anise, Baby Leaves, Cherry Tomatoes, Cucumber, Red Onions, Red Pepper Drops, Roasted Segments of Beetroot, Cnoic Glas Apiary Honey and Mustard Dressing. [Allergens: 10]

Smoked Donegal Bay Salmon & Killala Bay Crab Meat €11.50

Smoked Donegal Bay Salmon and Killala Bay Crab Meat spiced with Chilli, Dill Lemon and Lime, Fresh Avocado, Homemade Brown Bread, Dressed Baby Salad Leaves, Red Pepper Drops & Lemon Dill Oil. [Allergens: 1,2,3,4,7,10]

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 €17.50

Please ask your server about today's Roast. Served with Creamy Mashed Potato and Seasonal Vegetables.

[Allergens: 1,3,7,9,10,12.]

BBQ Braised Pork Tacos €18.95

Slow Braised Pork, Homemade Jameson BBQ Sauce in Corn Crispy Taco Shells, finished with Black Sesame Seeds, Guacamole, Kimchi & twice cooked Chips. [Allergens: 1,3,6,9,10,11,12.]

Slow Braised Beef Short Rib €22.95

Tender Jakob's Ladder of Beef, 8 hours braised in Red Wine, Rosemary, Thyme and Garlic. Creamy Mashed Potatoes, Seasonal Fresh Vegetables, Red Wine Jus and Beetroot Gel. [Allergens: 7,9,10,12.]

What the Butcher Brings (market price)

30 day Aged Premium Irish Steak of the Day, served with Pepper Sauce and twice cooked chips. [Allergens: 1,7,9,10,12.]

What the Boat Brings (market price)

Today Fresh Seafood served with Seasonal Vegetables and Chefs Potato Special. [Allergens: 2,3,4,7,9,12,14.]

Soz Grilled Tubbercurry Beefburger €18.95

Smoked Streaky Bacon, Chipotle Bun, topped with melted 3 months local Alpine Style Cheese, Kimchi, Pesto Mayo, twice cooked Chips and Salad Garnish. [Allergens: 1,3,7,10,12.]

Posh Fish & Chips €18.95

Fresh Fillet of Atlantic Cod in a Light Crispy Batter, Tempura Prawn Skewer, Pea Puree, Tartar Sauce, twice cooked Chips and Salad. [Allergens: 1,2,3,4,10,12,14.]

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Red Thai Curry

€16.50

Red Homemade Curry, inspired with Red Bell Pepper, Red Chillies, Garlic, Ginger and Green Onion, Coriander & Lime, in Light Coconut Milk Sauce, with combination of Seasonal Wok Fried Vegetables, Basmati Rice and Garlic Coriander Naan bread.

Add Chicken €3.50 / Add Prawns €4.50

[Allergens: 1,2,3,7,9,10,12,13,14.]

Burrata Avocado & Heirloom Tomatoes Salad

€16.50

Italian Burrata, fresh Avocado with selection of finest Tomatoes, mixed with Baby Leaf Lettuce, Red Onion, Cucumber, in local Honey Mustard Dressing, finished with Fresh Basil Pesto. [Allergens: 7,10.]

Caprese Chicken

€19.95

Irish Baked Chicken with fresh Buffalo Mozzarella, Sun Dried Tomato Sauce, Basil Pesto and Tagliatelle Pasta.

[Allergens: 1,3,7,9,10.]

ALL OUR BEEF IS 100% IRISH



Sides

€4.50

Mashed Potato | Mixed Salad
Basmati Rice | Seasonal Vegetables
Skinny Chips

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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Homemade Desserts

€8.50

Raspberry Crème Brûlée

Classic Crème Brûlée with Raspberry and Vanilla, Mixed Berry Compote, Short Bread Biscuit and Mamma Johnson Famous Sorbet.

Passion Fruit Pannacotta

Two layers of Pannacotta, refreshing Passion Fruit and Vanilla Pannacotta with Mamma Johnson sorbet and White Chocolate.

Double Chocolate Brownie

Homemade Brownie with warm Belgium Chocolate Sauce, Vanilla Ice Cream & Fresh Whipped Cream.

Mirka's Cheesecake of the Day

Homemade Cheesecake by our Pastry Chef, served with Cream and Vanilla Ice Cream.

Selection of Mamma Johnson Sorbet

Three scoops of refreshing Sligo Sorbet with Fresh Fruits. Ask Your server for Flavour of daily sorbet

Rhubarb Strawberry Tart

Homemade Tart with Pink Gin Custard and Strawberry Ice Cream.

[All contain Allergens: 1,3,7]

Specialty Drinks

Regular Coffee €3.00

White Coffee €3.00

Latte €3.50

Hot Chocolate €3.20

Flavorings: Caramel, Vanilla & Hazelnut 50c

Tea €3.00

Espresso €3.00

Cappuccino €3.50

Herbal Tea €3.00

Hot Liquor Coffee €6.50

Irish, Baileys, Russian, Mexican, Calypso.

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