



OCEAN SANDS
HOTEL

OCEAN BAR
&
RESTAURANT

LUNCH
MENU

Monday - Saturday
12.30pm - 4pm

Light Bites

LUNCH MENU

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]

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]

HEIRLOOM TOMATO & BUFFALO 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]

Sandwiches

FARMER MELT

€10.95

Smoked Bacon, Cajun Chicken, melted Swedish Cheese, Tomato, Basil & Mayonnaise on Sourdough Bread .

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

CHICKEN WRAP

€9.95

Crispy Chicken Strips, Red Onion, Cheddar Cheese & Sriracha Mayonnaise, Salad & Crisps. [Allergens: 1,3,7,10,12]

Main Courses

PULLED PORK CIABATTA

€15.95

BBQ Jameson Pulled Braised Pork, Pesto Mayonnaise, Lettuce in baked Ciabatta Bread, Salad Garnish and twice cooked Chips. [Allergens: 1(Barley),Wheat,3,6,10,12]

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 Crispy Corn Taco Shells, finished with Black Sesame Seeds, Guacamole, Kimchi & twice cooked Chips. [Allergens: 1,3,6,9,10,11,12]

8oz 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]

FISH & CHIPS

€16.75

Fresh Fillet of Atlantic Cod in a Light Crispy Batter. Served with Tartar Sauce, twice cooked Chips and Salad.

[Allergens: 1,2,3,10,12,14]

RED THAI CURRY

€16.50

Red homemade Curry inspired with Red Bell Pepper, Red Chilies, Garlic, Ginger, Green Onion, Coriander & Lime, in Light Coconut Milk Sauce, with a 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

€15.95

Italian Burrata, fresh Avocado with a 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]

Sides €4.50

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

Desserts €7.95

RASPBERRY CRÈME BRÛLÉE

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

PASSION FRUIT PANNA COTTA

Two layers of Panna Cotta, refreshing Passion Fruit and Vanilla Panna Cotta 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.

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