

## To Begin

## Table D'hôte Menu

### Soup of the Day

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

### BBQ & Chilli Glazed Chicken Wings

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

### Heirloom Tomatoes & Buffalo Mozzarella Bruschetta

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

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

Smoked Donegal Bay Salmon, 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.]

## Main Courses

### Roast of the Day

Please ask your server about your today's Roast.

Served with Creamy Mashed Potato and Seasonal Vegetables. [Allergens: 1,3,7,9,10,12.]

### Posh Fish & Chips

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

### Red Thai Curry

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

### Burrata Avocado & Heirloom Tomatoes Salad

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

Irish Baked Chicken with fresh Bufalo Mozzarella, Sun Dried Tomato Sauce, Basil Pesto and Tagliatelle Pasta. [Allergens: 1,3,7,9,10.]

## Dessert

All Desserts - [Allergens: 1(Wheat),3,7.]

### 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.

### Rhubarb Strawberry Tart

Homemade Tart with Pink Gin Custard and Strawberry Ice Cream.



OCEAN SANDS  
HOTEL

WELCOME TO  
*The Ocean Restaurant*

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*Table D'hôte  
Menu*