



Ocean Sands Hotel

Welcome to the Onyx Bar & Restaurant

**This Evening Menu is available
Monday to Saturday
5pm to 8.45pm**

**We have an All Night Early Bird Menu from 5-8.45pm
Monday to Thursday - Menu Changes Daily**
2 courses €14.95 3 courses €17.95 not available during the holidays

**Our Sunday Evening Menu varies weekly
& a sample is available from the Bar**

Guests can Dine in a Relaxed Atmosphere Overlooking the Tumbling Waves of
the Atlantic Ocean & Killala Bay

Please be aware that all Our Food is freshly prepared & cooked to order

"All our Beef is of Irish Origin and is fully traceable"

Please Ask your Server if You Need Any Help or Information Regarding
Allergens or Dietary Requirements

Free Wi-Fi Available - Log on to the Ocean Sands Hotel - Open Network -
No password required

AGF - Available Gluten Free

V - Vegetarian or can be adapted

Allergens: 1- Cereals containing gluten 2- Crustaceans 3- Eggs 4- Fish 5- Peanuts 6- Soybeans 7- Milk 8- Nuts
9- Celery 10- Mustard 11- Sesame Seeds 12- Sulphur Dioxide & Sulphites 13- Lupin 14- Mollusks

To Begin

Soup of the Day €4.95

Crusty Bread Roll or Homemade Guinness Brown Bread
Contains Allergens: 1 (Wheat Flour), 7, 9 AGF V

Atlantic Seafood Chowder €7.50

Selection of Fresh Local Seafood Cooked in Fish Stock and Cream
Homemade Guinness Brown Bread
Contains Allergens: 1(Wheat Flour), 2, 4, 7, 9, 14 AGF

Caesar Salad €7.50

Cos Lettuce Tossed with Croutons, Parmesan Shavings, Bacon Lardons,
Red Onion & Caesar Dressing
Topped with Warm Cajun Chicken or Smoked Irish Salmon (As Main Course €13.95)
Contains Allergens: 1 (Wheat Flour), 2, 3, 4, 7, and 14 AGF V

Sticky Chicken Wings €7.25

Fresh Chicken Wings Marinated in Honey, BBQ Sauce & Hot Louisiana Sauce
Served with Red Cabbage Slaw
Contains Allergens: 9, 10, and 11 AGF

Ranch Chicken & Bacon Potato Skins €7.50

Crispy Potato Skins loaded with Chicken, Crispy Bacon, Scallions,
Cheddar Cheese & Homemade Ranch Dressing
Contains Allergens: 3,7 AGF V

Breaded Garlic Mushrooms Stuffed with Buffalo Mozzarella €6.75

Served with a Salad & Garlic Mayo Dip
Contains Allergens: 1 (Wheat Flour), 3, 7 V

Kelly's of Newport Black Pudding & Apple Bon Bon's €7.50

Breaded and Deep Fried, Rhubarb & Basil Compote
Contains Allergens: 1,3,6,7,12

Prawns Cocktail Marie Rose €7.50

Duo of Baby Prawns and Tiger Prawns with Crisp Leaves,
Cherry Tomato & Marie Rose Sauce
Contains Allergens: 2, 3, 4, 7, 9, 10, 12 AGF

St. Tola's Goats Cheese Tartlet €7.25

Caramelised Red Onion & Goats Cheese in a short crust pastry with Balsamic Glaze
Contains Allergens: 1, 3, 7 V

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Main Courses

West Sligo Beef Burger €14.95

Grilled 6oz Ground Beef Burger, topped with Irish Bacon,
Cheddar Cheese & Caramelised Red Onion, Kelly's Black Pudding
Flour Bap with Seasonal Salad Home cut Chips & Ocean Sands Burger Relish
Contains Allergens: 1(Wheat Flour), 3, 7, 10

Ocean Sands Creamy Chicken Curry €14.95

Marinated Chicken Pieces in a Mild Curry Sauce with Stir Fry Vegetables
Basmati Rice & Home cut Chips
Contains Allergens: 1, 7, 9, 10 V AGF

Penne Pasta Carbonara €14.50

Penne Pasta Tossed with Bacon, Mushrooms & Scallions
Parmesan Cream Sauce Served with Toasted Garlic Bread
With Sauté Tiger Prawns €16.50 Contains Allergens: 1(Wheat Flour), 2, 3, 4, 7 14
With Marinated Chicken Breast €16.50 Contains Allergens: 1(Wheat Flour), 3, 7

Piri Piri Chicken Goujons €14.50

Golden fried homemade breaded Goujons Served with Side Salad,
Garlic & Herb Yogurt Dip
& Homemade Potato Wedges tossed in Garlic & Sweet Chili Sauce
Contains Allergens: 1(Wheat Flour), 3, 7 AGF

Beer Battered Fillet of Atlantic Cod €15.95

Mushy Peas, Red Cabbage Slaw, Home Cut Chips & Tartar Sauce
Contains Allergens: 1, 2, 3, 4,7,9,10,12

Roast of the Day €14.50

Changes Daily - Ask your server
Served with Creamy Mash Potato, Potato Croquettes & Selection of Fresh Vegetables
Contains Allergens: 1, 3, 7, and 9 AGF

Side Orders €3.00

Home Cut Chips	Potato Wedges	Creamed Potatoes
Baby Potatoes	Fried Mushrooms	Fried Onions
Garden Salad	Stir Fry Vegetables	Onion Rings
Garlic Bread with Cheese	Garlic Bread	Potato Croquettes

Homemade Potato Wedges €4.50

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Main Courses

McHale's 10oz Sirloin Steak €23.95

Prime Irish Sirloin Steak cooked to your liking,
Served with Portobello Mushrooms, Beer Battered Onion Rings,
Gratin Potato & Pepper Cream Sauce

Please Allow 30 - 45 minutes waiting time for Steaks

Contains Allergens: 1(Wheat Flour), 1, 3, 7, 9 AGF

Clare Island Salmon Fillet with Pecan Crunch Crust €16.95

Baked Salmon Fillet, Pea & Mint Risotto
Saffron Crème & Selection of Fresh Vegetables

Contains Allergens: 1, 4, 7, 9, 10 AGF

Corn fed Chicken Supreme €14.95

Chicken Breast stuffed with Wild Mushroom and Gubeen Oak Smoked Cheese
& Tarragon Jus, Creamy Champ Potato & Selection of Fresh Vegetables

Contains Allergens: 1,7 AGF

Spiced Pork Fillet €14.95

Pan-fried Irish Pork Fillet with Celeriac Puree, Apple, Creamy Mushroom Sauce
Mustard Mash & Selection of Fresh Vegetables

Contains Allergens: 1,7

Vegetarian & Vegan Menu

St. Tola's Goats Cheese Tartlet €13.95

Caramelised Red Onion & Goats Cheese in a short crust pastry with Balsamic Glaze
Served with Side Salad and Home-cut Chips

Contains Allergens: 1, 3, 7 Vegetarian

Chickpea Curry €13.95

Marinated Chicken Pieces in a Mild Curry Sauce with Stir Fry Vegetables & Chickpeas
Basmati Rice & Home cut Chips

Contains Allergens: 1, 7, 9, 10 Vegetarian and Vegan AGF

Penne Pasta Carbonara €13.95

Penne Pasta Tossed with, Mushrooms & Scallions
Parmesan Cream Sauce Served with Toasted Garlic Bread

Contains Allergens: 1(Wheat Flour), 3, 7 Vegetarian

Vegetable Rice Stir Fry €13.95

Stir Fry Vegetables tossed in Soy, Sweet Chili & Garlic, Basmati Rice

Contains Allergens: 9, 10, 11 Vegetarian and Vegan

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