

Ocean Sands Hotel

Starters

Soup of the Day €4.95

Crusty Bread Roll or Brown Bread
Allergens 1(Wheat, Barley), 7, 9, 12 GF Available

Killala Bay Seafood Chowder €7.95

Smoked Haddock, Salmon, Cod, Hake, Prawns,
Brown Bread Allergens 1(Wheat, Barley), 2, 4, 7, 9, 12, 13, 14

Ocean Sands Caesar Salad €7.95

Cajun Chicken Breast or Smoked Irish Salmon

Cos Lettuce, Bacon Lardons, Croutons,
Parmesan Shavings, Caesar Dressing
Allergens 1(Wheat), 2, 3, 4, 7 GF Available

Breaded Mozzarella Sticks €7.50

Mixed Leaves, Jalapeno Relish
Allergens 1(Wheat), 3, 7, 10

Buffalo Chicken Wings €7.95

Smoked Garlic & Chive Dip, Rocket Leaves
Allergens 1(Wheat), 3, 11, 12

Avocado & Prawns €7.95

Mixed Leaves, Maire Rose Sauce, Lemon Wedge
Allergens 1(Barley), 2, 3, 4

Salt & Chilli Shredded Chicken €7.95

Peanut Satay Dip Allergens 1(Wheat), 3, 5, 6

BBQ Spare Ribs €7.95

Pickled Slaw Allergens 1(Wheat, Barley), 6, 9, 10, 11

Dinner Menu

Summer 2020

Monday to Saturday 5pm to 9.30pm

Main Courses

10^{oz} Prime Sirloin Steak €24.95

Sauté Onion & Mushrooms, Homecut Chips & Cracked Black
Pepper Sauce Allergens 6, 7, 12

Surf & Turf €27.95

Reef up with Grilled Tiger Prawns in Garlic Butter
Allergens 2, 4, 6, 7, 12

Creamy Chicken Curry €13.95

Marinated Chicken Breast in a mild curry sauce, Stir Fry
Vegetables, Basmati Rice, Homecut Chips
Allergens 1(Wheat), 7, 9, 10, 12 GF Available

Chicken Dry, Hot & Spicy €13.95

Hot Chicken Chunks, Spicy Onions, Chilli, Basmati Rice &
Homemade Curry Sauce
Allergens 1(Wheat), 7, 9, 10, 11

Ocean Sands 8oz Beef Burger €14.95

Applewood Smoked Bacon, Cheddar Cheese
Kelly's Black Pudding, Caramelised Red Onion
Flour Bap, Relish, Red Cabbage Slaw & Homecut Chips Allergens
1(Wheat, Barley, Oat), 3, 7, 10, 12

Grilled Fillet of Seabass €18.95

Pineapple & Cucumber Salsa, Lemon Vinaigrette, Potato &
Green Bean Salad Allergens 4, 7

Whiskey & Maple Glazed Salmon €18.95

Crushed Baby Potatoes, Buttered Leeks
Fresh Market Vegetables, Cranberry Relish
Allergens 1(Barley), 4, 7, 12

Main Courses continued...

Southern Fried Chicken Goujons €13.95

Sweet Potato Fries, Red Cabbage Slaw, Salad
Lemon Mayo Allergens 1(Wheat), 3, 9, 10, 12

Stuffed Supreme of Chicken €15.50

Smoked Paprika & Chorizo Stuffing, Parsley Mash, Buttered
Asparagus, Fresh Market Vegetables, Red Wine Jus
Allergens 1(Wheat), 6, 7, 12 GF Available

Slow Roasted Rump of Mayo Lamb €21.95

Black Pudding Stuffing, Balsamic Roasted Baby Carrots, Creamy
Mash Potato, Fresh Market Vegetables, Shallot & Thyme Jus
Allergens 1(Wheat, Barley, Oat), 6, 7, 12 GF Available

Spinach & Ricotta Tortellini €14.95

Sundried Tomato, Roasted Red Peppers, Spinach, Rocket, Garlic
Bread
Allergens 1(Wheat), 3, 7

Vegetarian Nut Roast €14.95

Allergens 1(Wheat), 5, 6, 7, 8(almond walnuts), 12

Chickpea Curry €13.95

Allergens 1(Wheat), 7, 9, 10, 12 (Vegan without Cream)
(GF Available)

Sides Orders €3

Homecut Chips Allergen 12

Creamed Mash Potato Allergens 7, 12

Fried Mushrooms Allergen 7

Fried Onions Allergens 7, 12

Garden Salad Allergen 12

Stirfry Vegetables Allergens 6, 12

Battered Onion Rings Allergens 1, 3, 7, 12

Garlic Bread Allergens 1,7

Potato Wedges Allergens €3.50

Sweet Potato Fries €3.50

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