

## Light Bites

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 €6.95

Smoked Haddock, Salmon, Cod, Hake & Prawns, Brown Bread

Allergens 1(Wheat, Barley), 2, 4, 7, 9, 12, 13, 14 GF Available

Ocean Sands Caesar Salad €6.95

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 €6.95

Mixed Leaves, Jalapeno Relish

Allergens 1(Wheat), 3, 7, 10

Buffalo Chicken Wings €6.95

Smoked Garlic & Chive Dip, Rocket Leaves

Allergens 1(Wheat), 3, 11, 12

## Fresh Scones €3.00

Fruit Scone Allergens 1(Wheat), 3, 7

Plain Scone Allergens 1(Wheat), 3, 7

Raspberry Scone Allergens 1(Wheat), 3, 7

Gluten Free Fruit Scone Allergens 3, 7

# Ocean Sands Hotel

## Lunch Menu

Summer 2020

Monday to Saturday

12.30pm to 4.30pm

Served in The Ocean Bar & Restaurant

## Please Check out our Daily

## Hot Lunch Specials

## Sandwiches

All Served with Side Salad & Crisps €7.95

Add Soup for €3.00

Classic Ham, Cheese, Tomato & Onion

Baked Ham, Dubliner Cheese, Beef Tomato, Red Onion on Toasted Sourdough Bread

Allergens 1(Wheat), 3, 10

B.L.T

Applewood Smoked Bacon, Beef Tomatoes, Romaine

Lettuce & Mayo on Toasted Sourdough Bread

Allergens 1(Wheat), 3, 10

BBQ Pulled Pork

BBQ Pulled Pork, Pickled Slaw, Lettuce, Jalapeno Relish on a Rustic Ciabatta

Allergens 1(Wheat, Barley), 6, 9, 10

Ocean Sands Club Sandwich

Steamed Chicken Breast, Bacon, Onion, Beef Tomato, Dubliner Cheddar Cheese, Mayo on a Toasted Nigella Panini

Allergens 1(Wheat), 3, 10, 11

Irish Smoked Salmon

Irish Smoked Salmon, Horseradish Sauce, Capers on Brown Soda Bread

Allergens 1(Wheat, Barley), 2, 3, 4, 7, 10, 12

Side of Chips €3.00 Allergen 12

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