



THE STRAND BAR

LUNCH MENU



served daily 12 - 4pm

SOUPS

Today's Soup G CY MK **4.95**
Lyons Bakeshop brown bread

Seafood Chowder **9.50**
Freshly made with local fish/
shell fish + Lyons Bakeshop brown bread
G CY MK S M F SP

SANDWICHES

Served with side salad

House Panini G E M **9.50**
Chicken, Bacon, Cheese & Spicy Mayo

Vegetarian Panini **9.50**
Cheese, Tomato, Peppers, Red Onion
& Spicy Mayo G E M

**Ham & Cheese
& Red Onion Toastie** **7.00**
G N S S P

Bacon Lettuce & Tomato **7.90**
G E F C S S MD

SALADS

Chicken Caesar Salad F M D E S S G **13.00**
Cos lettuce, red onion, croutons, cherry tomatoes,
chargrilled chicken breast, crispy bacon Caesar
dressing and Parmesan shavings.

**Grilled Goats Cheese
Crostoni Salad** MK MD S S G **13.00**
Tossed salad topped with roasted red pepper,
sundried tomato, grilled goats cheese & pesto
crostoni, sunflower seeds and balsamic dressing

MAIN DISHES

**Our Famous Guinness
Beef Stew** G MK CY S **13.00**
Made with local beef and Guinness
served with fresh veg and creamy mash

Thai Chicken Curry MK CY G **13.95**
Chicken fillet curry with rice
or fresh homemade chips

Homemade Lasagne G MK CY S MD **13.95**
With salad and fresh homemade chips

Fish & Chips F G MD **15.95**
Beer battered fish with fresh
homemade chips

Roast Sirloin of Irish Beef CY MK S **15.50**
With fresh veg and potatoes

Creamy Pesto Pasta (v) G MK **13.50**
Pesto, red onions, sundried tomatos, pinenuts,
topped with rocket and parmesan.
Served with garlic bread

add chicken 1.50



TODAYS SPECIALS
CHECK WITH YOUR SERVER

BURGERS

**Award Winning Irish Angus Beef
½ lb burger or
Chicken - pan fried fillet**
All burgers served with chips
and side salad

Classic S G MK MD S S **13.50**
Tomato, lettuce cheese & tomato relish

House S G MK MD S S **13.50**
Caramelized red onion, parmesan
cheese, pesto & rocket

Smokey Burger E S G MK S S MD **15.50**
Cheddar cheese, smoked streaky bacon,
lettuce, tomato & 'house' sauce served
with onion rings

Fish Burger S S E S G F MK MD **15.50**
Crispy Battered fillet, cos lettuce, tomato, sweet
pickled cucumber, mozzarella and tartare sauce
Go double on beef/chicken for +3 extra

JUNIORS

(Kids 14 years and under)

Pasta Bolognese CY G S **6.50**

**Sausages & fresh
homemade chips** G **6.00**

**Chicken goujons & fresh
homemade chips** G **6.50**

Junior sized portions **9.00**
E MD G S S CY F
Fish 'n Chips - Chicken Curry - Lasagne - Daily
Roast - Beef Stew

SIDE ORDERS

Fresh Homemade Chips **3.70**

Beer Battered Onion Rings **3.00**

Mash Potato MK **3.00**

Garlic Bread G **3.00**

Garlic Bread with Cheese G MK **3.50**

Homemade Coleslaw E MD **2.00**

Green Salad MD **3.50**

Dips **1.00**

Coffee, Teas, Hot Chocolate

DESSERTS

Check out our menu

A big selection of Coffee, Teas,
and Hot Chocolate available

Served: Daily 12 - 4pm |

All our beef is Irish and locally sourced

All 14 allergens are openly used throughout our kitchen.

Trace amounts may be present at all stages of cooking.

G-Gluten, C-Crustaceans, E-Eggs, F-Fish, M-Molluscs,
S-Soybeans, P-Peanuts, N-Nuts, MK-Milk, CY-Celery,
MD-Mustard, SS-Sesame Seeds, SP-Sulphites, L-Lupin



WINE BY THE GLASS



www.thestrandbar.ie



LUNCH

