



The Strand Bar

LUNCH MENU

served daily 12.30 to 4pm



SOUP, SANDWICHES & SALADS

Today's Soup

Served with Guinness brown bread G CY MK

7.00

Seafood Chowder

Freshly made with local fish/shell fish,
served with Guinness brown bread G CY MK S M F SP C

12.00

Rocket, Pear

& Parmasean Salad MK MD & N

With blue cheese, cherry tomatoes, red onions, candied
walnuts & a honey & mustard dressing (Add Chicken €3.50)

15.50

Ciabatta Garlic Bread

add Cheese G E MK

6.00

6.50

The Strand Toastie

Pulled ham, slow cooked in house,
Swiss Gruyère cheese & mature
Cheddar on sourdough
G N SP MK

11.50

MAIN DISHES

Our Famous Guinness

Beef Stew G MK CY S

A slow cooked stew with Guinness Stout & mixed
vegetables topped with creamy mashed potato

18.50

Thai Red Chicken Curry MK CY C

Medium spiced, chicken fillet, mixed peppers
topped with fresh coriander & chillies, served
with Basmati rice & poppadom

18.50

Fish & Chips F E MD G

Light & crispy fresh cod in our homemade
beer batter served with chips

20.50

BURGERS

House Burger E S G MK MD SS

8oz Steak Burger. Cheddar cheese,
smokey bacon, lettuce, tomato, pickles &
mustard mayo. Served with Chips

19.50

Go double extra beef €3.50

Swiss Burger G E MD SP MK SS

8oz Steak burger, Gruyère cheese, lettuce,
caramelised red onion & garlic mayo

19.50

Vegan/Vegetarian Daily Dish

Please ask your server

17.50



"Please ask your server about Today's Specials"



JUNIORS (Kids 14 years and under)

Pasta with Creamy Tomato Sauce CY G S MK E

8.00

Chicken Goujons

Breaded Chicken Fillet served with Chips G CY E, SS, S

8.50

Sausages & Chips

Two Irish Sausages fried & served with Chips G

8.00

Fish 'N Chips

Light & Crisp Battered Cod served with Chips & Tartar Sauce F G MD E

10.00

Kids Burger & Chips G MK

10.00

Junior sized portions

Chicken Curry, Beef Stew G MK CY C

10.00

Side Orders

Chips

4.50

Mash Potato MK

4.00

Side Fresh Veg CY MK S

4.00

Homemade Coleslaw E MD

3.95

Green Salad MD

4.50

Dips

2.50

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

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



password
"bluerock1"

"Please note that ALL tips, cash & electronic go directly to staff and are shared equally with EVERY member of the team"

10% service charge will be added for groups of 8 or more



Lunch Menu

www.thestrandbar.ie

