

— EST 2017 —
COOPERS
— BAR & LOUNGE —

DAY MENU SERVED 12.30-17.00

SMALL BITES

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- SOUP OF THE DAY..... €6.80**
With Atlantic Seaweed Brown Bread
Soup (7, 9, 12) Brown Bread (1, 3, 7, 12)
- GALWAY BAY CHOWDER..... €8.40**
With Smoked Haddock, Prawns, Mussels & Seaweed Brown Bread
Chowder (2, 4, 7, 9, 12, 14) Brown Bread (1, 3, 7, 12)
- CLARENBRIDGE MUSSELS..... €12.50**
Cooked in White Wine, Garlic & Cream served with French Fries
(1, 2, 4, 7, 12, 14)
- SOUP & SANDWICH SPECIAL..... €12.00**
Classic Toastie served with a Soup of the Day Sandwich (1, 7, 12) Soup (7, 9, 12)

SALADS

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- BOK CHOI & TIGER PRAWN SALAD..... €13.00**
Egg Noodles, Ginger, Radish, Peppers, Peanuts, Coriander,
Soy & Honey Dressing (1, 2, 3, 4, 5, 6, 8, 10, 11, 12, 14)
- CAJUN CHICKEN CAESAR SALAD..... €11.50**
Chicken, Smoked Bacon, Parmesan, Baby Gem, Croutons, Creamy Dressing
(1, 3, 4, 6, 7, 10, 12)
- GALWAY GOATS CHEESE SALAD..... €11.50**
Baked Beetroot, Pecans, Apple Sticks, Saffron Couscous,
Aged Sherry Vinegar (6, 7, 8, 10, 12)
- DETOX SALAD..... €10.00**
Apple, Avocado, Orange Segments, Flax, Pumpkin, Sunflower Seeds,
Toasted Quinoa, Organic Cider Vinaigrette (6, 12)
- ENERGY SALAD..... €10.50**
Steamed Chicken, Broccoli Stems, Orzo Pasta, Rocket Leaves,
Roasted Pear, Buttermilk Dressing (6, 7, 12)

SANDWICHES

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- CHICKEN CAESAR WRAP..... €13.00**
Tomato Tortilla Wrap, Parmesan, Bacon served with French Fries
(1, 3, 4, 6, 7, 10, 12)
- CLUB SANDWICH..... €13.00**
Grilled Chicken, Streaky Bacon, Lettuce, Fried Egg,
Tomato on Sourdough Loaf with French Fries (1, 3, 6, 7, 10, 12)

CLASSIC TOASTIE..... €9.50

Baked Ham, Dubliner Cheese, Tomato & Red Onion on White
or Multigrain with French Fries (1, 7, 12)

BURREN SMOKEHOUSE..... €13.00

Organic Smoked Salmon served on Atlantic Seaweed Bread,
Lemon Aioli & Organic Leaves (1, 3, 4, 6, 7, 12)

BLTA..... €11.50

Maple Smoked Bacon, Crushed Avocado, Baby Gem, Tomato
on Ciabatta served with French Fries (1, 3, 6, 7, 10, 12)

PRAWN COCKTAIL..... €11.50

Seaweed Soda Bread with Marie Rose Sauce & Organic Leaf
(1, 2, 3, 4, 6, 7, 10, 12, 14)

MAIN COURSES

HADDOCK FISH FINGER SANDWICH... €13.00

Panko-Crusted, Granary Bap, Tartar Sauce, Red Cabbage Slaw
& Skinny Fries (1, 3, 4, 6, 7, 9, 10, 12)

CHICKEN TIKKA MASALA..... €14.50

Basmati Rice, Poppadums, Spring Onions (6, 9, 12)

CHUCK & BRISKET BURGER..... €14.50

Smoked Bacon, Dubliner Cheddar, Onion Ring with Skinny Fries
(1, 6, 7, 9, 12)

LAMB & PEARL BARLEY STEW..... €15.75

Root Vegetables, Rosemary, Creamy Mash (1, 6, 7, 9, 12)

SWEET POTATO KORMA..... €15.00

Basmati Rice, Naan Bread, Raita (1, 6, 9, 12)

CAJUN CHICKEN BURGER..... €13.50

Granary Bap, Roast Red Onions, Herb Mayo & French Fries (1, 3, 6, 10, 12)

TORTELLINI OF SPINACH & RICOTTA €14.00

Toasted Pine Nuts, Sun-Dried Tomato Cream, Mascarpone (1, 3, 6, 7, 8, 9, 12)

ROASTED SHORT RIB OF IRISH BEEF €16.75

with Creamy Mash, Root Vegetables, Red Wine Jus (6, 7, 9, 12)

SIDES €3.75

**SKINNY FRIES, CUPPA SOUP,
ORGANIC LEAF SALAD (3, 7, 12)**

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— SOMETHING SWEET —

APPLE PIE..... €6.50

with Vanilla Custard (1, 3, 6, 7, 12)

CHOCOLATE & NUT BROWNIE..... €7.00

with Salted Caramel Ice Cream (1, 3, 6, 7, 8, 12)

BERRY CHEESECAKE..... €6.50

with Chantilly Cream (1, 3, 6, 7, 8)

SELECTION OF FARMHOUSE CHEESE €11.00

Served with Crackers, Fruit & Chutney (1, 6, 7, 9, 12)

SELECTION OF ICE-CREAMS..... €6.50

**ADD A LARGE STILL OR SPARKLING
WATER TO YOUR LUNCH FOR €2.00**

ALLERGEN GUIDE

**1. 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. Molluscs**

Our kitchen handles shellfish, nuts, flour and eggs throughout every section. While every effort has been made not to use these items where we state, we can not 100% guarantee that a dish has not come in contact with these ingredients.

— BAIN SULT AS DO BHÉILE! —