

— EST 2017 —  
**COOPERS**  
— BAR & LOUNGE —

**DAY MENU SERVED 12.30-17.00**

**SMALL BITES**

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- SOUP OF THE DAY..... €6.50**  
With Atlantic Seaweed Brown Bread  
Soup (7, 9, 12) Brown Bread (1, 3, 7, 12)
- GALWAY BAY CHOWDER..... €8.00**  
With Smoked Haddock, Prawns, Mussels & Seaweed Brown Bread  
Chowder (2, 4, 7, 9, 12, 14) Brown Bread (1, 3, 7, 12)
- CLARENBRIDGE MUSSELS..... €12.00**  
Cooked in White Wine, Garlic & Cream served with French Fries  
(1, 2, 4, 7, 12, 14)
- SOUP & SANDWICH SPECIAL..... €11.50**  
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..... €12.50**  
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..... €11.00**  
Chicken, Smoked Bacon, Parmesan, Baby Gem, Croutons, Creamy Dressing  
(1, 3, 4, 6, 7, 10, 12)
- GALWAY GOATS CHEESE SALAD..... €11.00**  
Baked Beetroot, Pecans, Apple Sticks, Saffron Couscous,  
Aged Sherry Vinegar (6, 7, 8, 10, 12)
- DETOX SALAD..... €9.50**  
Apple, Avocado, Orange Segments, Flax, Pumpkin, Sunflower Seeds,  
Toasted Quinoa, Organic Cider Vinaigrette (6, 12)
- ENERGY SALAD..... €10.00**  
Steamed Chicken, Broccoli Stems, Orzo Pasta, Rocket Leaves,  
Roasted Pear, Buttermilk Dressing (6, 7, 12)

**SANDWICHES**

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- CHICKEN CAESAR WRAP..... €12.50**  
Tomato Tortilla Wrap, Parmesan, Bacon served with French Fries  
(1, 3, 4, 6, 7, 10, 12)
- CLUB SANDWICH..... €12.50**  
Turkey, Streaky Bacon, Lettuce, Egg Salad, Tomato on Sourdough loaf  
with French Fries (1, 3, 6, 7, 10, 12)

**CLASSIC TOASTIE..... €9.00**

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

**BURREN SMOKEHOUSE..... €12.50**

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

**BLTA..... €11.00**

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

**PRAWN COCKTAIL..... €11.00**

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

**MAIN COURSES**

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**HADDOCK FISH FINGER SANDWICH... €12.50**

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

**CHICKEN TIKKA MASALA..... €14.00**

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

**CHUCK & BRISKET BURGER..... €14.00**

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

**LAMB & PEARL BARLEY STEW..... €15.00**

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

**CAJUN CHICKEN BURGER..... €13.00**

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

**TORTELLINI OF SPINACH & RICOTTA €13.50**

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

**SWEET POTATO KORMA..... €13.50**

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

**ROASTED SHORT RIB OF IRISH BEEF €16.00**

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

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**SIDES €3.50**

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

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# COOPERS

— BAR & LOUNGE —

— 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! —