

MENU

The Galmont Hotel & Spa Sample Communion & Confirmation Menu

Starters

Soup of the Day

with House-made Seaweed Soda Bread

Organic Leaf Salad

Galway Goats Cheese, Baked Beetroot, Black Olives, Cider Vinaigrette

Cajun Chicken Caesar Salad

Focaccia Croutons, Bacon, Parmesan, Baby Gem, Creamy Dressing

Galway Bay Chowder

Mussels, Prawns, Clams & Chives

Main Course

Baked Connemara Shoulder of Lamb

Rosemary & Roast Garlic Stuffing, Minted Jus

Rib Eye Beef Burger

Malted & Seeded Bun, Chunky Chips, Cheddar Cheese, Onion Ring, Crispy Bacon, Salad Leaves

Herb Crusted Hake

Spinach, Creamed Couscous, Shrimp Butter Sauce

Risotto of Spring Pea

Green Bean & Spinach, Parmesan Cheese, Pine Nuts, Rocket Pesto

All main courses are served with Roast Potatoes & Market Vegetables

Dessert

Warm Apple Pie

Vanilla Custard, Brown Bread Ice-cream

Chocolate Brownie

Salted Caramel, Vanilla Ice-cream

Spring Berry Cheesecake

Raspberry Sorbet

Selection of Artisan Sorbet

Passion Fruit Coulis

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

Please note 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% say a dish is has not come in contact with these ingredients.