

Bar Menu

Starters

- © **V** Home-Made Soup of the Day €3.75
O'Dowds Seafood Chowder €5.95
(Creamy Fish Soup, made with Fresh Local Seafood)
- V** Garlic & Herb Bread €3.95
V Garlic & Herb Bread with Cheese €4.95
© Chicken Liver Patê with Salad & Toast €6.95
- © Spicy Chicken Wings with Barbecue Sauce €6.95
© Steamed Cashel Bay Mussels in a Coconut, Lime & Sweet Chili Broth €10.95
Grilled Stuffed Mussels with Garlic Butter & Breadcrumbs €8.95
© Roundstone Crab Claws, Sauteéd in Garlic Butter €12.50
Fresh Crabmeat Salad €9.75
© Connemara Oak Smoked Salmon with Salad €8.95
© ½ Dozen Mannin Bay Oysters €9.50
Grilled Oysters (6) with Garlic Butter & Breadcrumbs €11.95
(All Starters served with our Home-made Brown Scones)
- © indicates Dishes suitable for Coeliacs (Gluten Free). **V**: indicates Vegetarian Dishes

Main Courses

Fish Dishes

Pan Fried Fillets of Fish and Chips €12.95

*Strips of Connemara Smoked Salmon
in a Cheese Sauce on a bed of Tagliatelle*

Pasta €12.95

*(Please check our Blackboard for Daily Fish
Specials)*

Chicken & Meat Dishes

Chicken Curry €12.95

(Medium Spiced, Served with Boiled Rice)

O'Dowd's Traditional Lamb Stew €14.95

*(Tender Irish Lamb, Cooked with Carrots,
Onions & Garden Herbs, Served with Boiled
Potatoes)*

© *100z Grilled Sirloin Steak* €21.95

*(Served with Mushrooms & Onions with
Peppercorn Sauce or Garlic Butter and Chips or
Mashed Potato)*

© *Roast Lamb Shank* €14.95

*(Slow Roasted Irish Lamb Shank with Rosemary,
served with Mash, Gravy & Vege)*

Shepherd's Pie €12.95

*(Prime Irish Beef Mince with Carrots & Onions
Topped with Mashed Potato,, Salad or Chips)*

*Please ask a member of staff re: Coeliac Main Course
options*

Vegetarian Dishes

© *V* Home-made Black Eyed Bean Burger
with a Spicy Tomato Sauce €12.95

© *V* Baked Aubergine & Sweet Potato
with a Goat's Cheese topping €13.95

Side Orders

Chips €3.50 Vegetables €2.50

Side Salad €2.50 Coleslaw €1.95

Open Sandwiches

Open Smoked Salmon Sandwich with
Salad €8.95

Closed Sandwiches

Plain Sandwich (One Filling) €2.50

Mixed Salad Sandwich (e.g Ham Salad
etc) €3.50

Toasted Mixed Sandwich (e.g Ham &
Cheese) €3.95

Choose from our Selection of fillings:

Ham, Cheese, Chicken, Egg, Tuna or Salad

Toasted Special €4.95

(Toasted Sandwich with Ham, Chicken, Cheese,
Tomato & Onion)

Sandwiches are not available after 6pm

Desserts

Raspberry & Apple Crumble

Kiwi & Almond Tart

Chocolate Gateaux

*Vanilla or Mint Ice-Cream
(With Chocolate or Fudge Sauce)*

Crème Brûlée

Fresh Fruit Meringue Nest

All Desserts are €4.95

Teas & Coffees

<i>Tea</i>	<i>€1.50</i>
<i>Rosehip, Peppermint, Green, Mixed</i>	
<i>Berries or Camomile Tea</i>	<i>€1.65</i>
<i>Coffee</i>	<i>€1.65</i>
<i>Espresso</i>	<i>€1.65</i>
<i>Cappuccino/Latte</i>	<i>€2.20</i>
<i>Irish Coffee</i>	<i>€5.00</i>
<i>Baileys, French, Calypso or other Liqueur</i>	
<i>Coffees</i>	<i>€6.00</i>

Wines by the ¼ bottle @ €4.75 each

White

- **Drostdy Hof Steen Chenin Blanc** (S. Africa)
(Dry and Medium bodied, good balance)
- **Domaine Peirere Chardonnay** (France)
(A Crisp Fruity uncorked Chardonnay)
- **Paulita Sauvignon Blanc** (Chile)
(A Crisp refreshing Sauvignon with Tropical Fruit flavours)

Red

- **Drostdy Hof Cape Red** (S. Africa)
(Fine notes of Ripe Red Berry Fruit on the nose & Palate)
- **Côte Du Rhone Manoir du Chapelas** (France)
(Lovely flavours of Spice and Fruit)
- **Paulita Cabernet Merlot** (Chile)
(Well Structured with a vibrant Blackcurrant Fruit Flavour)

Selection of Wines by the Glass

White

- **Gran Hacienda Riesling** (Chile) €5.00
(A fresh fruity Riesling, Great with Seafood)
- **Pinot Grigio Storie de Vite** (Italy) €6.50
(A well balanced & refreshing wine from Italy's Most famous region)

Red

- **Gran Hacienda Merlot** (Chile) €5.00
(Dark Berry Flavours, Light Tannins)
- **De Bortoli, Vat 8 Shiraz** (Australia) €6.50
(Rich Jammy & Spicy Character with a long Oak Finish)

Irish Craft Beers

The Carlow brewing company, also known as O'Hara's, was formed by the O'Hara family in 1996. We are delighted to have four of their beers available for your enjoyment.

O'Hara's Pale Ale (500ml Bottle) €5.95

Rich golden colour with a white head. This pale ale has a light malt base with just the right mouth feel to allow the hop character to predominate. Grapefruit like bitterness is full and lasting and is balanced by a zesty citrus burst of aroma from the late addition of cascade hops. Beer of the Year 2010 – Grand Prize Winner 2010 as voted by the members of IrishCraftBrewers.com.

O'Hara's Irish Red (500ml Bottle) €5.95

Traditional Irish Red Ale. It is ruby red in colour and pours with a dense lasting white head. Aromas of Fruit & Herbs. It has a sweet malty caramel taste which finishes with a distinctive roast bite. Pairs well with any roast dishes or barbecued food. Abv: 4.3%.

O'Hara's Irish Stout (500ml Bottle) €5.95

This multi-award winning traditional dry Irish stout, deep black colour with a reddish hue when held to the light, pours with a thick creamy head. Aromas of Coffee & Liqueur. The taste is full bodied & smooth with a dry espresso type finish. Excellent with Seafood particularly Shellfish & Smoked Salmon. Abv: 4.3%.

O'Hara's Celtic Wheatbeer (500ml Bottle) €5.95

O'Hara's Irish Wheat (also known as Curim Gold). It has bright golden hues topped by a foamy white head. Hints of Peach, Plum & Banana on the nose with a long thirst quenching hop bite at the finish. An ideal accompaniment to spicy foods. Abv: 4.3%.