



Image: James Connolly

The Strand Bar & Restaurants
 Strandhill, Co. Sligo
 Phone: 071 916 8140
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 www.thestrandbar.ie

join us on



**All our beef is
 Irish and locally sourced**



LUNCH MENU

FOOD BAR

OPEN 7 DAYS
 Mon - Fri 12-4pm
 Sat & Sun 12-5pm



www.thestrandbar.ie





TODAYS SPECIALS
Check with your server

SMALL PLATES

Today's Soup + homemade brown bread	4.50
Soup + Sambo Soup + choice of sambo	6.95
Seafood Chowder Freshly made with local fish/shell fish + home made brown bread	5.50
Prawn Cocktail "Classic", prawns lettuce Marie rose sauce + homemade brown bread	6.50

SANDWICH/TOASTIES

All served with side salad *add fresh homemade chips €2.00*

Chicken Salad with basil mayo	4.50
Ham Cheese Tomato & Red Onion Goats Cheese, Sun-dried Tomato, Pesto & Rocket	

PANINIS/WRAPPS

Served with side salad

add fresh homemade chips €2.00

1. Chicken, cheese & bacon with spicy mayo	6.95
2. Vegetarian, cheese, peppers, pineapple, red onion & tomato with spicy mayo <i>add chicken €1.50</i>	6.95
3. Ham, cheese & red onion with mayo	6.95
4. Smoked salmon & prawns with Marie rose sauce	8.50
5. Goats cheese, pesto & roasted red pepper	7.50

SALADS

Caesar Salad Cos lettuce, red onion, croutons, cherry tomatoes, chargrilled chicken breast, crispy bacon Caesar dressing and parmesan shavings. (replace chicken with smoked salmon)	11.95
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Grilled Goats Cheese Crostini Salad Tossed salad topped with roasted red pepper, sundried tomato, grilled goats cheese & pesto crostini, sunflower seeds and balsamic dressing	11.95
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**AUTHENTIC ITALIAN
STONE BAKED PIZZA**



**Coffee, Teas, Flavoured Coffees,
Herbal Teas, Hot Chocolate**

BIG PLATES

Our Famous Guinness Beef Stew Made with local beef and Guinness served with fresh veg and creamy mash	10.95
Thai Chicken Curry Medium chicken fillet curry with rice or fresh homemade chips	10.95
Strand Special Homemade Lasagne With salad and fresh homemade chips	10.95
Fish 'N Chips Lightly battered with fresh homemade chips	12.95
Daily Roast With fresh veg and potatoes	12.50
Creamy Pesto Pasta (v) Pesto, red onions, sundried tomatos, pinenuts, topped with rocket and parmesan. Served with garlic bread <i>add chicken €1.50</i>	10.95



**WINE
BY THE
GLASS**

BURGERS

Beef 1/2 lb burger or Chicken - pan fried fillet

Classic Tomato, lettuce cheese & tomato relish	10.95
House Caramelized red onion, parmesan cheese, pesto & rocket	11.95
Smokey Burger Cheddar cheese, smoked streaky bacon, lettuce, tomato & 'house' sauce	12.95
Fish Burger Crispy Battered fillet, cos lettuce, tomato, sweet pickled cucumber, mozzarella and tartare sauce <i>Go double on beef/chicken for €3 extra</i> <i>All burgers served with chips and side salad</i>	12.95

LITTLE ONES (Kids 14 years and under)

Pasta Bolognaise	5.50
Sausages & fresh homemade chips	4.95
Chicken goujons & fresh homemade chips	5.50
Junior sized portions Fish 'n Chips – Chicken Curry – Lasagne – Daily Roast – Beef Stew	7.50

SIDEORDERS

Fresh homemade chips	3.50
Mash Potato	2.50
Garlic Bread	2.50
Garlic Bread with Cheese	3.00
Coleslaw	1.50
Green Salad	2.50

**DELICIOUS
DESSERTS**
CHECK FOR
TODAY'S CHOICES

