

# THE BAY *Bistro*

## CARTE DU JOUR

### *Beginning*

#### CHEF'S CHOICE SOUP (V) <sup>7</sup>

Served with Homemade Guinness, Treacle Brown Bread.

#### WILD ATLANTIC WAY CHOWDER <sup>1, 2, 4, 7, 9, 10, 11, 12</sup>

A Selection of the Freshest Fish & Prawns from our own doorstep, served in a Creamy White Wine & Fish Velouté.

#### WINGING IT YOUR WAY <sup>3, 6, 7, 8, 9, 11, 12, 13, 14</sup>

Crispy, Meaty Chicken Wings coated in your choice of our Homemade Sauces. Sticky BBQ, Buffalo Hot Sauce or Garlic Parmesan, topped with Sesame Seeds, Green Onion & served with Creamy Ranch Dressing & Crunchy Celery Sticks.

#### BLUEBELL FALLS GOATS CHEESE SALAD (V) <sup>1, 3, 7, 12</sup>

Golden Fried Breaded Goats Cheese served on a bed of Salad, Pearl Couscous, Roast Asparagus Tips, Sundried Tomatoes, Chickpeas & Citrus Dressing.

#### KENMARE BAY SEAFOOD CROQUETTE <sup>1, 2, 3, 4, 7, 10, 14</sup>

Panko Crusted Croquette stuffed with Salmon, Cod, Prawns, Smoked Haddock, Crab Meat, Potato & Dill, in a sea of Champagne, Lemon & Chive Beurre Blanc.

#### SUPER DUPER SALAD (V)(VG) <sup>11, 12</sup>

Quinoa, Avocado, Red Peppers, Sweetcorn, Pomegranate, Sliced Black Olives, Red Kidney Beans, Roasted Cherry Tomatoes, Mint, Parsley & Coriander with a Classic French Vinaigrette.



### *Middle*

#### PRIME HEREFORD FLAMED 10OZ SIRLOIN <sup>7, 9, 11, 12, 14</sup>

Cooked to your liking & served with Garlic Mashed Potatoes, Wild Mushroom & Spinach, Roasted Vine Cherry Tomatoes & served with either Brandy Black Pepper Sauce, Garlic Butter or Red Wine Jus.

*Please note there is a €5 supplement for our Steak.*

#### CHARGILLED BEEF BURGER <sup>1, 3, 7, 11</sup>

Prime Irish Beef, Garlic Mayo, Baby Gem Lettuce, Beef Tomato, Bacon, Smoked Cheddar Cheese, Tomato Relish, Crispy Fried Onion, served in a Toasted Sourdough & Rye Bun, Coleslaw & Fries.

#### INDIAN BUTTERED CHICKEN <sup>1, 7, 12, 13</sup>

Succulent Pieces of Chicken marinated in our own Indian Spice Blend, smothered in Creamy Rich Curry Sauce, served with Basmati Rice, Homemade Garlic & Coriander Naan.

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## *Middle*

### NOT SO MEATY (V)(VG)

Marinated Cauliflower Steak, Oven Roasted, Romesco Sauce, Pistachios, Pomegranate, Roasted Chickpeas & Chilli Honey Dressing.

### CHICKEN BALLOTINE <sup>1,7,8,9,14</sup>

Organic Chicken stuffed with Pork Sausage, Sage, Pistachio & Apricots, served with Garlic Mashed Potato, Sneem Black Pudding Bon Bons, Turned Vegetables & Red Wine Jus.

### WILD ATLANTIC WAY SALMON <sup>2,7,9,14</sup>

Pan-Seared Salmon, served on a bed of Creamy Leeks, Roasted Vine Cherry Tomato, Fondant Potato & Green Herb Oil.



## *End*

### APPLE CRUMBLE TARTLET <sup>1,3,7,8,14</sup>

Homemade Apple Crumble with Vanilla Ice-cream, topped with Toasted Meringue & Mini Toffee Apple.

### BABY GUINNESS CAKE <sup>1,3,7,14</sup>

Succulent Chocolate Sponge Cake, Coffee & Baileys Mousse. Served with Cookie Dough Ice-cream.

### HONEY CAKE WITH CHOCOLATE CRUMB <sup>1,3,7</sup>

Our Signature Dessert, with layers of Honey & Cream, topped with Chocolate Comb & Lemon Sorbet.

#### ALLERGENS

1. Cereals - Gluten - Wheat/Barley 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts  
6. Soya & Soy Beans 7. Milk, Dairy containing Lactose 8. Nuts - Hazelnuts 9. Celery 10. Molluscs  
11. Mustard 12. Lupine 13. Sesame Seeds 14. Sulphites, Alcohol

(V) Vegetarian (VG) Vegan