THE BAY Bistro

Beginning

Chef's Choice Soup (V) [7, 9]
€9.00

Wild Atlantic Way Seafood Chowder [2, 4, 7, 9, 10, 11, 12]
A Selection of the Freshest Fish & Prawns from our own doorstep, served in a Creamy White Wine & Fish Veloute. Drizzled with Herb Oil.
€11.95

Winging it Your Way [3, 6, 7, 8, 9, 11, 12, 13, 14]
Crispy, Meaty Chicken Wings coated in your own choice of our Homemade Sauces – BBQ, Buffalo Hot Sauce or Garlic Parmesan. Topped with Sesame Seeds, Green Onion & served with Creamy Ranch Dressing & Crunchy Celery Sticks.
€12.95

Bluebell Falls Goats Cheese Salad (V) [1, 3, 7, 12]
Golden Fried Breaded Goats Cheese, served on a bed of Salad, Couscous, Seasonal leaves, Roast Asparagus Tips, Sundried Tomatoes, Chickpeas & Citrus Dressing.
€13.95

Falafel (VG) [1, 8 (cashews), 14]
Homemade Falafel served on a bed of Red Cabbage Slaw & Pickled Cucumber. Drizzled with Homemade Vegan Cashew Nut Tzatziki.
€11.95

Middle

The Charcoal Grill

Prime Hereford Flamed 10oz Sirloin [6, 7, 9, 12, 14]
€35.95

Prime Hereford Flamed 10oz Rib Eye [6, 7, 9, 12, 14]
€33.95

Our Steaks are cooked to your liking & served with Garlic Mashed Potato, Grilled Flat Cap Mushroom, Spinach & Roasted Vine Cherry Tomatoes, served with your choice of Brandy Black Pepper Sauce, Garlic Butter or Red Wine Jus.

Slaney Valley Lamb [1, 7, 9, 14]
12 hour Braised Slaney Valley Lamb, served on a bed of Rosemary Mashed Potato, Sweet Seasonal Market Vegetables, Roast Lamb Jus & Parsnip Crisps.
€32.95

Wild Atlantic Salmon [2, 4, 7, 9, 14]
Pan Seared Salmon, served on a bed of Creamy Leeks, Roasted Cherry Vine Tomatoes, Fondant Potato & Green Herb Oil.
€29.95

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Middle continued

Chargrilled Beef Burger [1, 3, 7, 11, 14]
Prime Irish Beef Patty, Garlic Mayo, Baby Gem Lettuce, Beef Tomato, Smoked Maple Cured Bacon, Smoked Cheddar Cheese, Homemade Relish, Crispy Fried Onions in a Toasted Sourdough & Rye Bun. Served with Coleslaw & Fries.
€22.95

Indian Buttered Chicken [1, 7, 12, 13, 14]
Succulent pieces of Chicken, marinated in our own Indian Spice Blend. Smothered in Creamy, Rich Curry Sauce with Vegetables. Served with Basmati Rice & Garlic Coriander Naan.
€22.95

Not So Meaty (VG) [1, 8 (Almonds, Pistachios)]
Marinated Cauliflower Steak, Oven Roasted & served on a bed of Romesco sauce (cold & Spicy) & topped with Pistachios, Pomegranate, Roasted Chickpeas & Chilli & Honey Dressing.
€24.95

Chicken Ballotine [1, 7, 8, 9, 14]
Organic Chicken stuffed with Pork Sausage, Sage, Pistachios & Apricots. Served with Garlic Mashed Potato, Sneem Black pudding Bon Bons, Seasonal Market Vegetables & Red Wine Jus.
€31.95

End

Homemade Apple Tart [1, 3, 7]
With a Shortcrust Pastry Latice, Toffee Apple, Crème Anglaise & Crème Chantilly.
€9.50

Blueberry Cake [1, 3, 7]
Juicy Blueberries with chocolate ganache, dark sponge & luscious Vanilla Cream.
€9.50

Salted Caramel Triangle [1, 3, 7, 8]
A delicious base of Crunchy Wheat Crispies topped with a layer of ultra-Tempting Caramel Mousse, Candied Walnuts & Vanilla Cream.
€9.50

Chocolate Marshmallow Cake [1, 3, 7, 14]
Chocolate Mousse, covered in a Crispy Crumb, topped with Gooey, Toasted Marshmallow. Served with Cookie Dough Ice Cream.
€9.50

Pineapple & Coconut Trifle (V)(VG)
Coconut Cream, infused with Fresh Pineapple. Topped with Cotton Candy.
€9.50