

# THE OAKS BAR AND RESTAURANT

## LUNCH MENU

### SOUPS

CHEF'S HOMEMADE SOUP OF THE DAY €6.00

With Baked Roll, Soda Bread or Gluten Free Bread

KENMARE BAY CLASSIC CREAMY SEAFOOD CHOWDER (1,3,5,7,8) €10.00

A Selection of Locally Sourced Seafood Bound in a Classic Creamy Chowder.

Served with Homemade Soda Bread (2) GFA

### LIGHT BITES

GOLDEN DEEP FRIED GARLIC MUSHROOMS (2,4,7,9) €7.50

Golden Deep Fried Mushrooms, Served with a Green Leaf Salad and a Garlic Herb Dip

STICKY SPICY BUFFALO CHICKEN WINGS (1,2,9,13,14) €8.50

With a Choice of Tangy Garlic Mayo or Smokey BBQ Sauce.

Served with Celery & Carrot Sticks

### SALADS

CLASSIC CAESER SALAD (2,4,5,7,9,13) €12.50

Crunchy Cos Lettuce, Garlic Herb Croutons and a Classic Caesar Dressing and Parmesan Shavings

Add Succulent Pieces Chicken and Bacon for €3

SUPERFOOD SALAD (9,10) VEGAN €13.50

Sweet Potato, Quinoa, Toasted Nuts, Avacado, Chia Seeds and Mixed Leaves. Served with French Dressing

Add Grilled Chicken for €3

### WRAPS AND SANDWICHES

SOUTHERN FRIED CHICKEN WRAP (2,4,7,9,13) €8.50

Mildly Spiced Breaded Chicken Fillet. Served in a White Toasted Wrap with Red Onion,

Lettuce and Tomato in a Spicy Sauce. Served with a Salad Garnish

OAKS SOURDOUGH SPECIAL (1,2,4,7,9,12) €8.00

White Sourdough Toasted Sandwich with Baked Ham and Vintage Cheese

Served with a Side of Red Onion Relish and a Salad Garnish (GFA)

## OAKS CLASSICS

CHEF'S ROAST OF THE DAY €13.50

CHEF'S CATCH OF THE DAY

For details and the pricing of the Chef's Catch please ask your Server

THE OAKS CLASSIC CHICKEN BURGER (2,4,7,9,13,14)(GFA) €14.50

Grilled Cajun Chicken Fillet, Topped with Bacon, Cheese, Lettuce, Tomato and Pickled Cucumber.  
Served with Fries, a Salad Garnish and Garlic Mayo

CREAMY PASTA CARBONARA (2,4,7,10,13) €12.50

With Mushrooms, Bacon and Onion. Served with Garlic Bread

CLASSIC BEEF STROGANOFF (7,9,13) €14.50

100% Irish Beef Cooked in a Creamy Stroganoff Sauce with Mushrooms, Onions and Gherkins.  
Served with Basmati Rice

OPEN FACE CHARGRILLED 7OZ SIRLOIN STEAK SANDWICH ( 2,4,7,9,10,12,13,14) €18.00

With Sautéed White Onion, Field Mushroom, Crispy Fried Onion Rings.  
A Choice of Creamy Peppercorn Brandy Sauce or Garlic Butter. Served with Fries and Side Salad

## SIDE PORTIONS

Mashed Potato (7)	€2.00	Mixed Leaf Salad (9)	€3.50
French Fries (2)	€3.50	Onion Rings (2,7)	€3.50
Sweet Potato Fries (2)	€4.00	Rice	€2.00

## ALLERGENS LIST

(1) Celery	(6) Lupin	(11) Peanut
(2) Gluten	(7) Milk	(12) Sesame
(3) Crustaceans	(8) Molluscs	(13) Soya
(4) Eggs	(9) Mustard	(14) Sulphur
(5) Fish	(10) Nuts	



**DUE TO COVID 19 RESTRICTITONS PLEASE NOTE THE FOLLOWING:**

CHILDREN ARE REQUIRED TO BE SUPERVISED & SEATED AT ALL TIMES.

DISHES CANNOT BE MODIFIED DUE TO SOCIAL DISTANCING IN KITCHEN.

BILLS CANNOT BE SPLIT.

THANK YOU FOR YOUR COOPERATION