

## Starters & Salads

### Soup of the Day €4.95

Brown Soda Bread (1, 6, 9, 13)

### Seafood Chowder €7.25

Brown Soda Bread  
(1, 2, 5, 6, 9, 13)

### Goat's Cheese Tartlet €7.50

Galway Goat Farm Cheese  
Caramelised Onion & Walnut, Rocket Leaves  
(1, 5, 6, 7, 10, 13)

### Chicken Caesar Salad €12.95

Grilled Irish Free Range Chicken, Baby Gem  
Gubbeen Bacon, Croutons, Chives, Parmesan  
Crisp, Caesar Dressing  
(1, 2, 6, 7, 10, 13)

### g Force Salad €11.50

Hummus, Grilled Halloumi  
Toasted Seeds, Quinoa, Pickled Beets  
Marinated Roasted Vegetables, Muhammara  
(1, 6, 7, 10, 11, 12, 14)

### Tian of Crab Salad €13.95

Pickled Onion & Cucumber, Tomato  
Apple, Mixed Leaves, Lime & Chive Aioli  
Freshly Baked Brown Bread  
(1, 4, 5, 6, 10, 13)

### Selection of Air Dried Meats €9.95

Parma Ham, Pistachio Salami, Chorizo, Shallot  
Jam, Sourdough Croûtes, Balsamic, Olive Oil  
(6, 7, 10, 13)

### Selection Irish Cheese €9.95

Pasteurised/ Unpasteurised Cheese, Fruits  
Quince Jelly, Crackers  
(1, 6)

## SANDWICHES

### Toasted Smoked Chicken €8.50

Rocket, Parsley Pesto, Avocado  
Sundried Tomato  
(1, 5, 6, 13)

### B.L.T €8.50

Gubbeen Bacon, Tomato, Cos  
Lettuce, Mayo  
(1, 5, 6, 7, 13, 14)

### Open Sandwich Selection €9.95

Smoked Salmon, Capers, Pickle  
Red Onion  
Grilled Honey Baked Ham  
& Cheese  
Egg Mayonnaise, Tomato, Lettuce  
(1, 5, 6, 7, 13, 14)

**Add Soup**  
**€3.50**



HOTEL & SPA

## Lunch Menu



## HOT PLATE

### Roast Supreme Free Range Chicken €14.95

Chateau Potato, Carrot Purée, Mix Green Vegetables  
Pesto, Red Wine Jus  
(1, 5, 6, 10, 12, 13)

### g Irish Beef Burger €14.50

6oz Black Angus Steak Burger, Waterford Blaa, Pancetta,  
Cheddar Cheese, Gherkin, Lettuce, Tomato Relish, Crispy Fries  
(1, 5, 6, 10, 12, 13)

### Roasted Aubergine €13.50

Puy Lentils, Hummus, Spinach, Red Pepper  
Toasted Seeds, Dukkha, Parsley Pesto  
(7, 10, 11, 13)

### Grilled 8oz Rump Heart Steak €24.95

Grilled Portobello Mushroom, Onion Rings  
Porcini & Port Butter, Crispy Fries  
(1, 6, 10, 13)

### Fish & Chips €14.95

Golden Fried Fish of the Day, Pea Salad  
Tartar Sauce, Crispy Fries  
(1, 2, 5, 10, 13)

### Roast Fillet of Salmon €14.95

Chateau Potato, Tender Stem Broccoli, Fricassee of  
Smoked Bacon, Pearl Onions, Peas, Prosecco Velouté  
(2, 6, 9, 10, 13)

### Garlic & Chorizo Prawns €14.95

Tomato, Spinach, Herbs, Garlic Toasts  
(1, 4, 5, 6, 13)

## Sides

Crispy Fries (12)

Sweet Potato Fries (12)

Mixed Vegetables (6)

Feta Cheese Salad (6, 10, 13)

Onion Rings (1, 12)

€3.50

## Day Time Treat

### Freshly Baked Scones

Fruit or Plain Scones  
with Clotted Cream & Preserves  
(1, 5, 6)

1 Scone €3.50 | 2 Scones €6.00

## DESSERTS

### Prosecco Trifle €6.50

Lemon Sponge, Fresh Berries  
Mascarpone Cream  
(1, 5, 6, 13)

### White Chocolate Panna Cotta €6.50

Mixed Berry Compote  
Hazelnut Cluster  
(5, 6)

### Rhubarb, Orange & Walnut Crumble €6.50

Vanilla Anagise & Ice Cream  
(1, 5, 6, 8)

### g Pick 'n' Mix Plate €6.50

A Selection of Bite Size Treats  
Ask your Server for Today's Selection  
(1, 5, 6, 8, 14)

### Style Mini Ice Cream €6.50

Flavour Favourites from our Chef  
(1, 5, 6, 8)

## TEA/COFFEE

### BLACK TEA

Golden g Afternoon Tea, Second Flush Organic,  
Assam Bari, Earl Grey, Irish Whiskey Cream,  
Ceylon Light & Late Decaffeinated Tea

### GREEN TEA

Morningdew Morgentau, Green Dragon  
Jasmine Pearls

### FRUIT & HERBAL INFUSIONS

Fitness Tea, Roibosh Strawberries & Cream  
Moroccan Mint (Nana), Sweet Camomile  
Blossoms, Oolong Apricot Peach, Red Roses

Tea/Infusion for One €4.00

Tea/Infusion for Two €5.40

Pot of Coffee for One €5.00

Pot of Coffee for Two €6.90

Americano €3.85

Espresso or Ristretto €3.85

Café Mocha or Café Latte €4.80

Cappuccino or Double Espresso €4.80

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## HOTEL & SPA

**Menus Prepared by Head Chef Jason O'Neill | Sous Chef Andy O'Neill**

**Suppliers List:** Frank Burke Fruit & Vegetables, John Curleys Vegetables  
Pallas Foods, Mary's Fish, La Rousse Foods, Redmond Fine Foods Ltd  
Arrabawn Dairies, Corrib Eggs

**All our menu items are sourced from Local Suppliers and freshly prepared each day**

Allergens: Gluten (1), Fish (2), Molluscs (3), Crustaceans (4), Eggs (5), Dairy (6), Treenuts (7),  
Peanuts (8), Celery (9), Mustard (10), Sesame (11), Soya (12), Sulphites (13), Lupin (14)

We do our best to prepare dishes free of certain allergens on request. However, please note that  
our kitchen is not entirely allergen free and there may be small traces present.

**All our menu items are sourced from Local Suppliers and freshly prepared each day**

**All our Beef is 100% Irish**

**Served 11am – 5.30pm**



**Proud Supporters of Galway 2018 European Region of Gastronomy**

