

# Main Courses

## Meat Dishes

Pan Grilled 100z Slaney Valley Sirloin Steak (1,7 Pepper Sauce) 23.95  
*(served with Sautéed Onions & Mushrooms and a choice of peppercorn sauce or garlic butter)*

O'Dowd's Lamb Stew 15.95  
*(Tender pieces of Irish Lamb, Slow Cooked with Carrots, Onions & Fresh Herbs, Served with boiled Potatoes)*

## Vegetarian

Baked Aubergine & Sweet Potato with Goat's Cheese Topping 9,12 14.50  
*(Sliced Aubergine, Courgette and Sweet Potato, Baked with a Goat's Cheese topping & Balsamic Glaze)*

## Fish

Pan-Fried Fillets of our Catch of the Day 1,4 14.95  
*(Our fish of the day, locally supplied, lightly floured and shallow fried, served with tartar sauce & Lemon Wedge)*

Sweet & Spicy Baked Salmon 4 16.50  
*(Fresh Connemara Salmon, Glazed in a Sweet/Spicy Marinade & Served with Mashed Potato & Salad)*

Seafood Au Gratin 1,2,4,7,14 22.50  
*(Flake, Salmon, Oyster & Mussels in a wine & cream sauce, topped with grated cheese/breadcrumbs & Grilled to Order)*

Baked Fillets of Sea Bass 4 21.95  
*(Served with a Saffron & Cream Sauce)*

## Curries

Fish Curry (Cod & Scampi) with Boiled rice 2,4,7,8,10,14 17.50  
*(Fresh Cod & Scampi cooked gently in our own Home-made Curry Sauce)*

Chicken Curry with Boiled rice 7,8,10 13.50  
*(Tender Pieces of White Chicken Breast in a Home-made Curry Sauce)*

## Side Orders

Chipped potatoes 3.95

Vegetables 9 2.95

Side Salad with French dressing 10 12 2.75

*All our Meat & Chicken is 100% Irish Reared.*