O'Dowds Seafood Bar

We are a 4th generation family run business established in 1904, that is open all year round. Thank you for visiting us and supporting our small business in a small rural village. You are also supporting our local suppliers who are:

Oysters & Mussels: Killary Fjord Shellfish Crab: Local Fishermen

Seaweeds: Dillisk, Carrageeen, Sleabhac: Nigel Griffin Hake, Haddock, Cod, Pollack, Turbot, Brill, Prawns (When in Season): Johnny King (via Rosaveal Fish Auction), Ali of Four Leaf Clover, Connemara Fisheries, Mary's Fish, Salad Leaves, Herbs: Glynns & Celtic Salads, Bell Harbour. Beef, Lamb, Chicken: Finnerty's Butchers, Oughterard

We have our own Herb/Vegetable garden which supplies us (when in season) with Tomatoes, Lettuce, Cucumbers, Artichokes, Raspberries, Redcurrants, Strawberries, Apples, Mint, Fennel, Dill, Rosemary, Wild Garlic, Sage & Lovage. We make our own Jams from Seasonal local fruits like Blackberries, Apples, Plums etc. All organic waste from our kitchen is composted

Our mission is to serve the freshest local produce combined with friendly and efficient service. We hope you enjoy your visit here to O'Dowds and if we can be of any assistance, please don't hesitate to ask.

The O'Dowd family & Staff

Starters

Home-Made Soup of the Day (Vegan)	<i>9 5.75</i>
O'Dowds Seafood Chowder 1a,2,4,7,14	8.95
Garlíc & Herb Bread 14,7	3.95
Garlic & Herb Bread with Cheese 14,	7 4.50
Goat cheese tartlet, tomato chutney	
& salad 10,7,12	10.50
Connemara Oak Smoked Salmon wi	th
Salad 4,10,12	12.95
½ Dozen Kíllary Bay Oysters 14	13.50
Grilled Killary Oysters (6) with Gar	rlíc
Butter & Breadcrumbs 12,7,14	14.50

<u>Light Mains</u>

Steamed Killary Mussels in a Coconut, Lime & Sweet Chilli Broth 12,14 12.95 Seafood Cocktail: White Fish, Prawn, Salmon, Marie Rose Sauce on Salad 2,3,4,14 13.50

<u>Main Courses</u> <u>Fish</u>

Pan Fried Fillets of Fish & Chips 1a,4 16.50 Strips of Connemara Smoked Salmon in a Cheese Sauce on a bed of Tagliatelle Pasta 1a,1b,4,7 16.50 Sweet & Spicy Baked Salmon 4,7,12 17.50 (Served with Mashed Potato & Salad)

Chicken & Meat Dishes

Chicken Curry 7,5,10	14.50	
(Medium Spiced, Served with Boiled Rice)		
O'Dowds Lamb Stew	19.50	
(Slow Cooked Irish Lamb with Carrots,		
Oníons & Herbs, served with boiled Pota	toes)	
100z Grílled Sírloín Steak	27.95	
(Served with Mushrooms & Onions with		
Peppercorn Sauce 1a,7 or Garlic Butter 7	and	
Chíps or Mashed Potato)		
Shepherds Píe 12,7	14.95	
(Prime Irish Beef Mince with Carrots & Onions		
Topped with Mashed Potato, Salad or Chips)		

(List of Allergens located on last page of Menu)

<u>Vegetarían Díshes</u>

Home-made Black Eyed Bean Burger with a Spicy Tomato Sauce 13.95
Baked Aubergine, sweet potato & goat's cheese topping 7,9,12 15 .50

Síde Orders

Chíps 1a 3.75 Vegetables 3.50 Síde Salad 10,12 3.00

Closed Sandwiches

Plain Sandwich (One Filling) 1a,7 3.95
Mixed Salad Sandwich (e.g Ham Salad etc) 1a,7 4.95
Toasted Mixed Sandwich (e.g Ham & Cheese) 1a,7 4.95
Choose from our Selection of fillings:
Ham, Cheese, Chicken, Egg or Salad
Toasted Special 1a,7 5.95
(Toasted Sandwich with Ham, Chicken, Cheese, Tomato & Onion)

<u>Desserts</u>

Raspberry & Apple Crumble 14,7

Vanilla or Mint Ice-Cream (With Chocolate or Fudge Sauce) 3,7

Crème Brûlée 3,7

Kíwí & Almond Tart 1a,3,86

Chocolate Brownie 1a,3,5,7

All Desserts are 6.00

Teas & Coffees

Теа	2.75
Peppermint, Green, Wild Berry, I	Earl
Grey or Camomíle Tea	3.00
Amerícano or Decaf Coffee	2.85
Espresso	2.85
Cappuccíno/Latte 7	3.20
Irísh Coffee 7	6.75
Baíleys, French, Calypso or other	Líqueu
Coffees 7	7.50

Selection of Wines by the Glass		
(White)		
El Caminador Sauvignon Blanc	(Chíle)	
(Classic Zesty Citrus Aromas with ligh		
fruits & a long dry finish Alc. 12.5%)	<i>6.75</i>	
Domaine Grauzan Chardonnay (Lovely unoaked Chardonnay from th		
of France Alc.13%)	7.60	
San Giorgio Pinot Grigio (Italy)		
(Dry with Ripe Fruit Flavour with Cri	<i>isp</i>	
Acidity Alc 12%)	7.50	
(Red)		
Puna Snípe Cabernet Sauvignon	ı (Chíle)	
(Dark berry flavours, fresh acidity w	íth líght	
tanníns Alc.13%)	6.75	
Croix des Vents, Merlot (France)		
(A very soft & fruity red with punchy	Summer	
Fruits Alc. 12.5%)	7.50	
Don Aparo, Mendoza, Malbec (Argen (A medium weight malbec with		
blackberry flavourS.Alc 13.5%)		
All wines contain Sulphides (Sel		
Wines by the <u>Bottle</u> or <u>Carafe</u> a		
makes by the <u>bottle</u> of <u>caraje</u> a	n e iwieu	

on our Full Wine List)

Irish Craft Beers

A Selection of Craft beers from Micro Brewerys from around Ireland, Galway & Connemara. (All of the Beverages listed below contain Barley & Wheat, except for the Stag Saor & the Cider)

Bridewell Blond (Draught) 1/2 Pint 3.60 Pint 6.00 Brewed in Clifden (bridewellbrewery.ie). This is a blond ale with a distinctive Pilsner flavour. Light and refreshing, it pairs well with Seafood or on its own. Aby: 4.4%.

Galway Hooker Session IPA (Draught) 1/2 Pint 3.60 Pint 6.00 A well balanced IPA defined by a floral aroma, stone fruit and citrus flavours, and a smooth mouthfeel. Abv: 5%.

Sheep Stealer (500ml Bottle)

6.50

Brewed by Black Donkey Brewery in Roscommon. It is dry, crisp and refreshing, with a complex aroma and flavor. Pairs well with a range of foods, from cheeses to meat stews and roasts Abv: 5.5%.

Stag Saor (Gluten Free) (500ml Bottle)

6.50

Ireland's first Gluten Free Beer by the 9 White Deer Brewery from Co. Cork. A Kolsch style beer with a gentle Hop & Malt character. Best with light meat & fish dishes. Abv: 4.2%.

Cider

Galway Cider 500 ml Bottle

6.50

A crisp refreshing slightly dry cider using 100% Irish Red Apples. Abv: 5%

List of ALLERGENS

1a wheat 1b durum wheat 1c barley 1d malt 1e granary

- 2. Crustaceans
- 3. Eggs
- 4. Fish
- 5. Peanuts
- 6. Soybeans
- 7. Milk

8a walnuts

8b almonds

9. Celery

10. Mustard

11. Sesame Seeds

12. Sulphur Dioxide & Sulphites

13. Lupin

14. Molluscs