

## **O'Dowds Seafood Bar**

We are a 4<sup>th</sup> 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:** Glynn's & 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

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

## Light Mains

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

## Main Courses

### Fish

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

### Chicken & Meat Dishes

<i>Chicken Curry</i> <b>7,5,10</b> <i>(Medium Spiced, Served with Boiled Rice)</i>	14.50
<i>O'Dowds Lamb Stew</i> <i>(Slow Cooked Irish Lamb with Carrots, Onions &amp; Herbs, served with boiled Potatoes)</i>	19.50
<i>100z Grilled Sirloin Steak</i> <i>(Served with Mushrooms &amp; Onions with Peppercorn Sauce <b>1a,7</b> or Garlic Butter <b>7</b> and Chips or Mashed Potato)</i>	27.95
<i>Shepherds Pie</i> <b>1a,7</b> <i>(Prime Irish Beef Mince with Carrots &amp; Onions Topped with Mashed Potato, Salad or Chips)</i>	14.95

*(List of Allergens located on last page of Menu)*

## Vegetarian Dishes

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

## Side Orders

<i>Chips</i> 1a	3.75	<i>Vegetables</i>	3.50
<i>Side Salad</i> 10,12	3.00		

## Closed Sandwiches

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

## Desserts

*Raspberry & Apple Crumble* 1a,7

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

*Crème Brûlée* 3,7

*Kiwi & Almond Tart* 1a,3,8b

*Chocolate Brownie* 1a,3,5,7

*All Desserts are* 6.00

## Teas & Coffees

<i>Tea</i>	2.75
<i>Peppermint, Green, Wild Berry, Earl Grey or Camomile Tea</i>	3.00
<i>Americano or Decaf Coffee</i>	2.85
<i>Espresso</i>	2.85
<i>Cappuccino/Latte</i> 7	3.20
<i>Irish Coffee</i> 7	6.75
<i>Baileys, French, Calypso or other Liqueur Coffees</i> 7	7.50

## Selection of Wines by the Glass

### (White)

**El Caminador Sauvignon Blanc (Chile)**  
*(Classic Zesty Citrus Aromas with light juicy  
fruits & a long dry finish Alc. 12.5%)* **6.75**

**Domaine Grauzan Chardonnay (France)**  
*(Lovely unoaked Chardonnay from the south  
of France Alc.13%)* **7.60**

### **San Giorgio Pinot Grigio (Italy)**

*(Dry with Ripe Fruit Flavour with Crisp  
Acidity Alc 12%)* **7.50**

### (Red)

**Puna Snipe Cabernet Sauvignon (Chile)**  
*(Dark berry flavours, fresh acidity with light  
tannins 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 (Argentina)**  
*(A medium weight malbec with juicy  
blackberry flavours. Alc 13.5%)* **7.50**

All wines contain Sulphides (Selection of  
Wines by the Bottle or Carafe are listed  
on our Full Wine List)



## **List of ALLERGENS**

- |                       |                       |  |                   |
|-----------------------|-----------------------|--|-------------------|
| <b>1a wheat</b>       | <b>1b durum wheat</b> | <b>8a walnuts</b>                          |                   |
| <b>1c barley</b>      | <b>1d malt</b>        | <b>1e granary</b>                          | <b>8b almonds</b> |
| <b>2. Crustaceans</b> |                       | <b>9. Celery</b>                           |                   |
| <b>3. Eggs</b>        |                       | <b>10. Mustard</b>                         |                   |
| <b>4. Fish</b>        |                       | <b>11. Sesame Seeds</b>                    |                   |
| <b>5. Peanuts</b>     |                       | <b>12. Sulphur Dioxide &amp; Sulphites</b> |                   |
| <b>6. Soybeans</b>    |                       | <b>13. Lupin</b>                           |                   |
| <b>7. Milk</b>        |                       | <b>14. Molluscs</b>                        |                   |