



LOUGH REA
HOTEL & SPA
★★★★

LUNCH MENU

Starters

Soup of the Day (V) €6.95

Homemade Guinness Brown Bread (GF Available)
(Contains Allergens 6 Wheat, 7,8,9,12)

Galway Bay Seafood Chowder €8.95

Served with Brown Soda Bread
(Contains Allergens 1,2,3 Fish, 6 Wheats, 7,8,9,12)

Crispy Spiced Buffalo Chicken Wings €9.95

Jack Daniels Barbeque or Hot Sauce, Peppered Leaf Salad & Ranch Dressing (Contains Allergens 6 Wheat 7,8,9,11)

High Protein Three Beans Salad €8.95

With Organic Garden Greens, Sundried Tomatoes, Lemon Ginger and Honey Dressing (Contains Allergens 6 Wheat, 7,8,9,10,13)

Confit Duck Spring Roll €10.50

With Salad Mesclun, Plum Sauce, Dried Cranberries and Asian Salad
(Contains Allergens 6 Wheat, 7,8,9,11,13)

Flame Grilled Chicken Caesar €9.95/€15.95

Crisp Cos Leaves, Garlic Croutons, Shaved Parmesan & Caesar Dressing
(Contains Allergens 6 Wheat 7,8,9,11,13)

Sandwiches

Smoked Salmon on Brown Bread €10.95

Horse Radish Mayonnaise, Assorted Lettuce, Red Onions, Caper Berries and Lemon (Contains Allergens 6 Wheat 7,8,9,11)

Traditional BLT €10.50

With Tomatoes, Bacon, Dressed Lettuce in Ciabatta Bread
(Contains Allergens 6 Wheat, 7,8,9,11)

Smoked Chicken and Avocado Wrap €9.95

Smoked Chicken and Avocado on Tortilla Wrap
(Contains Allergens 5 pine nuts,6 Wheat, 7,8,9,11)

Classic Ham & Cheese €9.00

Glazed Ham & Cheddar Cheese with Brown or White Bread
(Contains Allergens 6 Wheat 7,8,9,11)

Add Chips or Soup to Any Sandwich Order for €3.50

Main Courses

Roast of the Day €18.95

Severed With for Potatoes & Vegetables of the Day
(Contains Allergens 6 Wheat, 7,8,9,10,11,12)

Galway Bay Catch of the Day €19.95

Served With Potatoes & Vegetables of the Day
(Contains Allergens 1,3,6 Wheat, 7,8,9,12)

Char Grilled Beef Burger €17.95

Smoked Gubbeen Bacon, With Caramelized Onions, Mature Dubliner Cheese, Bourbon and Tomato Relish
(Contains Allergens Wheat, 7,8,9,10,11,12)

Manhattan Chicken Burger €17.50

Fried Chicken Fillet, Ruby Coleslaw, Wild Rocket & Rustic Fries
(Contains Allergens 6 Wheat, 7,8,9,10,11,12)

Indian Style Chicken Curry €18.95

Garlic & Coriander Naan Bread, Steamed Basmati Rice, Mango Chutney
(Contains Allergens 6 Wheat, 7,8,9,10,11,12)

Indian Style Vegetable Curry €16.50

Garlic & Coriander Naan Bread, Steamed Basmati Rice, Mango Chutney
(Contains Allergens 6 Wheat, 7,8,9,10,11,12)

½ Roast Chicken €18.50

Marinated In Thyme and Crème Potatoes, Sticky Root Vegetables, Red Wine Jus (Contains allergens 6 Wheat,7,8,9,10,11,12)

Pasta Carbonara €18.50

Smoked Bacon Lardons & Wild Mushroom Cream Sauce, Garlic Bread
(Contains Allergens 6 Wheat, 7,8,9,10,11,12)

Sides

Rustic Fries (6 Wheat,8,9) €4.00

Creamy Mash (7,9) €4.00

Seasonal Vegetables (7) €4.00

Rocket & Parmesan Salad (6 wheat,8,9) €4.50

Our Famous Cajun Fries (6a Wheat, 8,9) €4.50

Onion Rings (7,8,9) €4.00