


# DINNER MENU



## Cúrsa Tosaigh / Starters

Homemade soup of the day (please ask your server for today's soup, homemade brown bread.  
All soup is gluten free)  €5.50

Clare Island seafood chowder (Selection of local fresh white fish, salmon and shellfish, cooked with celery & fresh vegetables, garlic & fish stock in a cream based sauce, served with homemade brown bread) €7.50

Melted goat's cheese chicken splits (pan-fried strips of chicken breast covered in melted farm house goat's cheese, island salad) €9.50

Bruschetta (toasted ciabatta bread, garlic butter, fresh chopped tomatoes, pesto dressing "no nuts", feta cheese)  €7.50

Salt 'n chilli squid (spiced crispy squid rings, garlic & lime mayonnaise dip, island salad) €9.50

Steamed Clew Bay mussels (fresh Clew Bay mussels, steamed in a white wine, onion, garlic cream sauce, served with lemon wedge, homemade brown bread) €9.90

Smoked salmon salad (Keem Bay oak smoked salmon, homemade brown bread, capers, lemon wedge, fresh seasonal salad) €8.50

## Príomhchúrsa / Main Course

### Ón bhfarraige /From the sea

Sautéed Cajun cod fillet (on a bed of carrot & parsnip purée, creamy white wine, lemon and dill sauce, homemade salsa, potatoes & veg) €18.90

Clare Island organic salmon fillet (on a bed of carrot & parsnip purée, herb beurre blanc, homemade salsa, potatoes & veg) €21.50

Sailor's fish & chips (locally caught fresh white fish, deep fried in our special beer batter, lemon wedge, homemade tartar sauce, served with skin-on deep fried chips) €17.50

Sailor's Fishermans pie (local fresh white fish, salmon, smoked haddock, mussels, creamy dill & white wine sauce, mash potatoes, island salad) €16.50

## Ón talamh / From the land

Seared 10 oz sirloin steak (cooked to your liking, deep-fried battered onion rings, roast tomato, creamy & whiskey peppercorn sauce, potatoes & veg) €23.90

Butterfly breast of chicken (Chicken fillet over Kelly's of Newport seaweed black pudding on a bed of mash potatoes, white wine & mushroom sauce, potatoes & veg) €17.90

Slow roast belly of pork (pork belly over carrot & parsnip purée, calvados gravy, homemade apple chutney, potatoes & veg) €18.90

Sailor's gourmet beef burger (Kelly's of Newport 6 oz beef burger, battered onion rings, cheddar cheese, tomato, lettuce & mayo, brioche bap, peppercorn sauce, skin-on deep fried chips) €16.50

Spiced falafel burger (falafel burger with Moroccan spice and coriander, brioche bun, tzatziki sauce, island salad, fresh tomato salsa, skin-on deep fried chips) €15.50



## Pastas

Keem Bay oak smoked salmon penne pasta (spinach, lemon & dill cream sauce, garlic ciabatta bread) €16.90

## Béilte speisialta / Specials

Fresh Clare Island Lobster (whole boiled lobster served with a garlic butter dip, fresh Island salad, potatoes & veg) €35.00

\*NOTE: lobster dinner must be booked a day in advance

## Ar an taobh / Side orders

Bucket of chips €3.00

Island salad & vinaigrette €3.00

House vegetables of the day €3.00

## Na páistí / Kids' menu

Chicken goujons and chips	€8.50
Sausage and chips	€5.50
Kids fresh cod & chips	€9.50
Pasta with tomato sauce	€6.50

## Milseoga / Desserts

Please ask your server for today's selection of homemade desserts	€5.50
Selection of ice-cream	€4.00

## Tae & caife / Tea & coffee

Tea	€2.00
Bean West French press coffee (Bean West is a Westport based business who imports, roasts, blends and flavours their own brand of coffee. The coffee for Sailor's Bar has been specially blended with a hint of lemon to complement our seafood menu)	€3.00
Herbal	€2.60
Baileys Coffee / Calypso Coffee / Irish Coffee / French Coffee	€6.50

All of our beef is sourced from Jennings's Meats in Ballinrobe and Kelly's Butchers, Newport, Co. Mayo, Ireland  
All of our fish is sourced locally. All fish dishes may contain bone or shell fragments.

Please see your server for ALLERGEN INFORMATION chart.