

# The Old Barracks Menu

## Starters/Salads

### Soup of the Day

Hearty homemde Soup with Guinness Brown Bread  
€4.95 (G, E)

### Old Barracks Black Pudding & Brie Salad

Freshly tossed Salad with grilled Black Pudding, golden fried Panko Brie, Apple & Raisin Chutney, topped with crispy Onions  
€10.95 (M, Mu, G)

### Chicken Satay Skewers

Grilled Chicken Skewers served with tossed salad, Asian Slaw, Satay dressing, crunchy Peanuts, Coriander & Lime wedge  
€8.95 (G, N, So)

### Hazelnut Crusted Goats Cheese Salad

Warm crusted Goats Cheese on a Balsamic dressed baby leaf Salad of roasted Beetroot, Pear, Honeyed Walnuts & Seeds  
€10.95 (N, G, Se)

### Thai Style Fish Cakes

Served with a crisp side Salad, Sweet Chilli sauce & Lime wedge  
€9.95 (G, F, Su)

### Sharing Plate

Mozerella sticks, Golden Chicken Goujons, crispy Onion rings & dips  
€9.50 (G, E, M, Su)

## Veggie Corner / Sandwiches

### Vegan Ramen Bowl

Homemade Veggie Ramen with Udon Noodles, wild Garlic Tofu, Portobello Mushrooms, Kimchi & Pickled Ginger.  
€10.95 (Su, So, G)

### Hearty Vegan Curry

Healthy & hearty mild Vegetable curry served with a crispy Poppadum, baby Spinach, Cashews, Seeds & Basmati Rice.  
€10.50 (Su, N, Se)

### Falafel Burger

Homemade Falafel Burger with vegan Harissa Mayo, crunchy Cos Lettuce & Pickled Onion served with sweet Potato Fries  
€12.50 (Su, G)

### Old Barracks Angus Steak Sandwich

Tender Sirloin Steak from our local butcher served on a toasted Sourdough with roasted Garlic & black Pepper Mayo, Cheese, crispy Onions & chunky Fries  
€12.95 (G,F,M,E)

### Crispy Duck Bao

Five spiced crispy shredded Duck in a Bao bun with crunchy Asian Slaw, pickled Ginger & sticky Hoi-Sin sauce with freshly tossed Salad garnish  
€10.50 (Su, G, Se, So)

### Chicken Goujon Wrap

Golden Chicken pieces with crunchy Cos Lettuce & Garlic Mayo served with Fries & Coleslaw  
€9.95 (G, M, E, Su)

## Mains

### Traditional Roast of the Day

Always locally sourced & served with creamy Mash, seasonal Vegetables & our famous Gravy  
€12.50

### Crispy Malaysian Chicken Noodles

Malaysian style Chicken Noodles with stir fried Vegetables garnished with crunchy Cashews & toasted Seeds  
€12.00 (E, G, Su, M, N)

### Grilled Salmon Noodles

with stir fried Vegetables in a Sesame, Soy, Sweet Chilli & Coriander dressing  
€14.50 (E, G, Se, Su)

### Old Barracks Pasta of the Day

Inspired by the season topped with hand shaved Parmesan served with Garlic & Herb toastie  
€11.95 (Ask Server)

### Fish & Chips

Delicious Fillet of "Marys of Galway" Fish in a homemade Galway Hooker Ale Batter & barracks Tartar sauce  
€13.50(M, G, E, F)

### Sticky BBQ Chicken

Gratinated barbeque Chicken fillet with buffalo Mozzarella, crispy Parmentier Potatoes, dressed Rocket & roasted Garlic Mayonnaise  
€12.50 (So, G, Su, E)

### The Big Bacon Burger

Local Angus Beef patty on a sourdough bap with grilled Bacon, melted Cheddar, Lettuce, pickled Onion, Tomato & our secret sauce  
€13.00 (G, M, E)

### Buttermilk Chicken Fillet Burger

Cajun spiced buttermilk Chicken Breast on a sourdough bap with Lettuce & chipotle Mayo  
€12.50 (G, E, M, Su)

## Sides

Chunky Fries €3.00  
Skinny Fries €3.00  
Sweet Potato Fries €3.00  
Bacon Cheese Fries €5.00  
Curry Cheese Fries €5.00  
Side Salad €3.00  
Seasonal Veg €3.00

## Drinks

Coke/Coke Zero €2.00  
San Pellegrino Org/Lem €2.50  
Club Orange/7up €2.00  
Apple/Orange Carton €1.50  
Still/Sparkling Water €2.00  
Bottled Beer €4.00  
Craft Beer/Cider €5.00  
Wines from €13.00  
(please see wine menu)

Dear Customers,  
At peak times, we are unable to modify our dishes, please try to order items as they appear on the menus.  
It's a great help to our teams.  
Thank you.

G = Gluten  
Se = Sesame Seeds  
P = Peanuts  
M = Milk  
Mu = Mustard  
L = Lupin  
Su = Sulphur Dioxide & Sulphites  
C = Crustacean  
F = Fish  
E = Eggs  
Mol = Molluscs  
So = Soya  
Cel = Celery  
N = Nuts