

WEEKENDS @ THE OLD BARRACKS

Starters

Soup of the Day (V) **GF**

Hearty homemade Soup (7) with Guinness Bread
€7.5 (1a, 3, 7, 9, 8c)(gluten free on request)

Hot Honey Buttermilk Chicken Strips

with fresh Mango Chutney, Nigella Seeds & Garlic Aioli Drizzle

€10.95 (1a,7) / Main €16.95

Crunchy Baked Nduja Baguette

with Nduja, Garlic & Mozzarella served with Nduja Mayo Dip

€8.95 (1a,7)

Old Barracks Thai Style Fish Cakes

served with house Pickled Vegetables, sweet Chilli Sauce & crispy Nori

Starter €10.95 / Main €17.95 (1a, 4, 7, 12)

Salads

Healthy Warm Lemon Chicken Salad **GF**

Grilled Lemon & Rosemary Chicken Fillet on a tossed Salad with roasted sweet Potato, creamy Greek Feta, toasted Cashews & Homeny, Mustard dressing

€15.95 (7,8d,10)

Habanero Honey Glazed Goats Cheese Salad

Donnachas dressed Leaves, roasted Beets, Pink pickled Onions, sun blush Tomatoes, toasted Pecans served with homemade Foccacia

€15.95 (1a,8e,7)

Gourmet Sandwiches

Chicken Goujon Wrap

Golden Chicken Pieces with crunchy Cos Lettuce, Cheese & Sweet Chilli served with House Fries

€14 (1a, 3, 7, 12)

Old Barracks Angus Steak Sandwich

6oz Brady's Steak Sandwich on handmade Garlic Foccacia with Garlic Mayo, crispy Onion rings, fresh Rocket, Harvey's Pepper Sauce & house Fries

€21.95 (1a, 3, 7) (gluten free on request)

ALLERGENS:

1. GLUTEN (1a Wheat, 1b Rye, 1c Barley, 1d Oats)
2. CRUSTACENS 3. EGGS 4. FISH 5. PEANUTS 6. SOYA
7. MILK 8. NUTS (8a Almond, 8b Hazelnut, 8c Walnuts, 8d Cashews, 8e Pecan Nuts, 8f Brazil, 8g Pistachio, 8h Macadamia, 8i Pinenuts) 9. CELERY 10. MUSTARD 11. SESAME SEEDS
12. SULPHUR DIOXIDE & SULPHITES 13. LUPIN 14. MOLLUSC

Mains

Roast of the Day

served with creamy Mash, seasonal Vegetables, & Red Wine Jus

€18.5 (7) (gluten free on request)

Hearty Vegan Curry **GF DF LF**

Healthy & hearty mild Vegetable Curry with sweet Potato, Chickpeas, Cauliflower, Spinach, Cashews served with a crisp Poppadom & Basmati Rice

€16.5 (8d,12) (add Chicken +€3)

Grilled Fillet of Salmon

served with creamy Mash, seasonal Vegetables & Lemon Hollandaise Sauce

€18.5 (3,7)

Chefs Pasta Special

Inspired by the season topped with hand shaved Parmesan, served with a Garlic & Herb toastie

€17.5 (1a) (vegetarian option available)

Fish & Chips

Delicious Fillet of "Mary's of Galway" Fish in a crispy Barracks Ale Batter & Homemade Tartar Sauce served with House Fries

€18.5 (1a, 3, 4, 7)

Old Barracks Classic Cheese Burger

Local Angus Beef patty on a Brioche Bap with Sergej's secret sauce, Cheese, pickled Onion & house Fries

€17.95 (1a, 3, 4) (gluten free on request)

Hail Caesar Chicken Burger

Crispy Chicken, crunchy Cos, Parmesan Shavings, Caesar dressing in a Brioche Bun served with House Fries

€17.5 (1a, 7)

Crispy Korean Fried Chicken Burger

with crunchy Asian Slaw, Gochujang Mayo, crisp Lettuce & Nigella Seeds served with House Fries

€17.5 (1a, 3)

PLEASE REQUEST A DESSERT MENU

SIDES

Spice Bag Fries with Curry Sauce (1a, 10) €6.5

Crispy Local Leaf Salad (12) €4

Market Vegetables (12) €4

House Fries / Sweet Potato Fries (1a) €4.5

DIPS - 50c

Garlic Mayo / Sweet Sriracha Mayo /

Sweet Chilli Sauce / Ballymaloe Relish

SAUCES - €1.5

Old Barracks Gravy / Peppercorn Sauce /

Curry Sauce