

# TREACYS OAKWOOD HOTEL

SHANNON



## SOPHIE'S BISTRO

Our chefs only purchase local produce where possible and always ensure the freshest of ingredients with great emphasis on keeping in touch with the seasons. Our menu has been reviewed by expert Nutritionist Yvonne Treacy to ensure that we offer our guests exceptional healthy options. Your health is important to us so when you see “♥” symbol you can be sure that not only are you ordering a tasty meal but the ingredients may also benefit your health.



www.yvonnetreacynutrition.com

### - STARTERS -

<b>Baked French Brie (v/acf)</b>	<b>€8.50</b>
<i>Served with Toasted Brioche &amp; Cumberland Sauce</i>	
<b>Homemade Soup of the Day (v/acf)</b>	<b>€5.00</b>
<i>Homemade Brown Soda Bread Please ask your server</i>	
<b>Homemade Atlantic Seafood Chowder (cf)</b>	<b>€6.50</b>
<i>Infused with Dill &amp; Pernod, Homemade Brown Soda Bread</i>	
<b>Hot &amp; Sticky Chicken Wings (cf)</b>	<b>€8.50</b>
<i>Tossed in a Spicy BBQ Sauce, Celery Sticks &amp; Blue Cheese Dip</i>	
<b>Thai Style Prawn Salad (cf)</b>	<b>€8.50</b>
<i>with Ginger, Garlic, Chilli &amp; Lime in a Soya Dressing</i>	
♥ Feta Cheese – Feta is very high in protein and calcium promoting bone and dental health.	
<b>Tournafulla Fried Black Pudding</b>	<b>€7.50</b>
<i>Fried Black Pudding rolled in Oats, Organic Leaves, Apple &amp; Cider Dressing</i>	

<b>Homemade Chicken Liver Parfait (acf)</b>	<b>€7.00</b>
<i>Sautéed Chicken Liver, Brandy, Fresh Herbs, Melba Toast &amp; Redcurrant Coulis</i>	
<b>Crumbed Thai Style Fish Cake</b>	<b>€8.50</b>
<i>Thai Ginger, Chilli, Palm Sugar Dressing &amp; Organic Leaf Salad</i>	
<b>Classic Caesar Salad v/acf</b>	<b>€8.00</b>
<i>Crisp Cos Lettuce, Garlic Croutons, Crispy Smoked Bacon Lardons, Caesar Dressing</i>	
♥ <b>Warm Crumbed St Tola Goats Cheese</b>	<b>€8.00</b>
<i>Beetroot Puree &amp; Baby Leaf Salad</i>	
♥ Beetroot – Enough cannot be said about the benefits of Beetroot it lowers blood pressure and can increase blood flow, helping prevent diabetes, obesity and heart disease.	
<b>Oakwood Smoked Salmon on Brown Bread</b>	<b>€9.50</b>
<i>Lemon, Capers, Roasted Baby Beets &amp; Homemade Guinness Soda Bread</i>	
<b>Crispy Garlic Bread</b>	<b>€5.50</b>
<b>Add Cheese</b>	<b>€6.50</b>

### - MAINS -

<b>Fish &amp; Chips</b>	<b>€14.50</b>
<i>Beer Battered Cod, Minted Mushy Peas, Tartare Sauce &amp; Cut Chips</i>	
<b>Homemade 8oz Beef Burger</b>	<b>€15.00</b>
<i>Grilled 100% Beef Burger, Cheddar Cheese, Smoked Rashers, Black Pudding, Onion Rings &amp; Chips</i>	
<b>Char Grilled Cajun Chicken Burger (acf)</b>	<b>€14.00</b>
<i>Floury Bap, Spicy Guacamole, Pickled Red Cabbage, Apple &amp; Fennel Slaw &amp; Chips</i>	
♥ <b>Thai Green Chicken Curry (v/acf)</b>	<b>€14.50</b>
Fragrant Chicken <b>€15.50</b> Vegetable Curry <b>€14.50</b> , Coriander Infused Basmati Rice	
♥ Thai Curry – spices are in abundance in this wonderful fragrant and vibrant dish, including Cumin, Ginger, Lemon Grass, Garlic and Coriander.	
♥ <b>Stir Fry (v)</b>	
<i>Egg Noodles, Crispy Vegetables, Ginger, Garlic, Chilli, Coconut Sauce</i>	
Chicken <b>€15.50</b> , Prawns <b>€17.50</b> , Vegetarian <b>€14.50</b>	
♥ We use Rapeseed to cook our crunchy Vegetable Noodle dish. Rapeseed Oil contains less saturated fat than any other oil.	
♥ <b>Smoked Salmon Fettuccine Pasta (v)</b>	<b>€13.50</b>
<i>Pea, Asparagus &amp; Spinach, in a Lime, Garlic, Chilli Cream</i>	
♥ Salmon Fettuccine – Salmon is one of the best sources of Omega 3 & benefits a healthy heart. Eating Oily fish such as Salmon is recommended twice weekly by The Irish Heart Foundation.	

<b>12 Hour Slow Roasted Pork Belly (afc)</b>	<b>€16.50</b>
<i>Grilled Black Pudding, Buttered Savoy Cabbage and Apple Cider Jus</i>	
<b>Roast Supreme of Chicken (cf)</b>	<b>€14.50</b>
<i>Chicken Supreme, Honey &amp; Rosemary Roasted Root Vegetable &amp; Red Wine Jus</i>	
<b>Half Roast Crispy Boneless Duck (cf)</b>	<b>€20.50</b>
<i>Served with Steamed Bok Choi, Ginger &amp; Plum Sauce</i>	
<b>Grilled 9oz Irish Sirloin Steak (cf)</b>	<b>€23.50</b>
<i>Cooked to your liking Grilled Flat Mushroom, Sautéed Onions, Home Fries, Roast Garlic Butter or Pink Peppercorn Sauce</i>	
<b>Grilled 9oz Irish Rib Eye Steak (cf)</b>	<b>€23.50</b>
<i>Cooked to Your Liking Grilled Flat Mushroom, Sautéed Onions, Home Fries, Roast Garlic Butter or Pink Peppercorn Sauce</i>	
♥ <b>Pan-Fried Fillet of Sea Bass (cf)</b>	<b>€18.50</b>
<i>Sautéed Ribbons of Vegetable Lemon Buerre Blanc</i>	
♥ <b>Grilled Fillet of Salmon (cf)</b>	<b>€17.50</b>
<i>Steamed Tender Stem Broccoli Sauce Vierge</i>	
<b>Slowly Braised Lamb Shank (cf)</b>	<b>€20.50</b>
<i>Creamed Champ Potato, Roasted Root Vegetable &amp; Thyme Jus</i>	
All our Beef is 100% Irish Origin and sourced locally when possible. V denotes Vegetarian Friendly Dish; CF denotes Coeliac Friendly Dish; V/ ACF denotes Coeliac Friendly Option Available on the dish. All our dishes may contain traces of nuts. Please ask your server for Allergen Information.	

### - SIDES -

<b>Cut Chips</b>	<b>€3.50</b>	<b>Red Slaw</b>	<b>€3.50</b>
<b>Crispy Onion Rings</b>	<b>€3.50</b>	<b>Steamed Basmati Rice</b>	<b>€3.50</b>
<b>Cream Spinach</b>	<b>€3.50</b>	<b>Organic Leaf Salad</b>	<b>€3.50</b>
<b>Baked Potato</b>	<b>€3.50</b>	<b>Grilled Corn on the Cob</b>	<b>€3.50</b>

**- WINES LIST -**

	<b>Bottle (750ml)</b>	<b>Bottle (500ml)</b>	<b>Glass</b>
<b>White Wine Selection</b>			
<b>Vini Stocco</b> Pinot Grigio from Friuli, Italy	<b>€22.00</b>	<b>€15.00</b>	<b>€6.00</b>
<b>Maison Coquard</b> Sauvignon Blanc from Languedoc (Sète), France	<b>€22.00</b>	<b>€15.00</b>	<b>€6.00</b>
<b>Chateau Pesquie</b> Chardonnay from Ventoux, France	<b>€22.00</b>	<b>€15.00</b>	<b>€6.00</b>
<b>Shottesbrooke</b> Chardonnay from France	<b>€25.00</b>		
<b>Red Wine Selection</b>			
<b>Vini Stocco</b> Merlot from Friuli, Italy	<b>€22.00</b>	<b>€15.00</b>	<b>€6.00</b>
<b>Maison Coquard</b> Languedoc (Corbieres & Minervois), France	<b>€22.00</b>	<b>€15.00</b>	<b>€6.00</b>
<b>Shottesbrooke</b> Shiraz from Australia	<b>€25.00</b>		

	<b>Bottle (750ml)</b>	<b>Bottle (500ml)</b>	<b>Glass</b>
<b>White Wine Selection</b>			
<b>Domaine Laroche Chablis</b> Chardonnay from France	<b>€33.00</b>		
<b>Domaine Millet Sancerre</b> Sauvignon Blanc from France	<b>€35.00</b>		
<b>Rutherford Ranch</b> Chardonnay from California	<b>€40.00</b>		
<b>Red Wine Selection</b>			
<b>Comte de Lupe Bourgogne</b> Pinot Noir from France	<b>€33.00</b>		
<b>Chateau de la Pierre Brouilly</b> Beaujolais from France	<b>€35.00</b>		
<b>Rose/Sparkling Wines</b>			
<b>Caves de Rose d'Anjou</b>	<b>€21.50</b>		
<b>Colle del Principe Prosecco Frizzante (Snipe)</b>			<b>€10.00</b>
<b>Colle del Principe Prosecco Frizzante</b>	<b>€28.50</b>		
<b>Pannier Brut Champagne</b>	<b>€65.00</b>		

**- DRINKS MENU -**

<p><b>Gins</b></p> <p>Gordons Cork Dry Gin Hendricks Brockmans Fifty Pounds Monkey 47 Tanqueray Dingle Gin Beefeater Bombay Sapphire Tanqueray 10 Bulldog</p> <p><b>Vodkas</b></p> <p>Smirnoff Grey Goose Dingle Vodka Ketel One Absolut</p> <p><b>Rums</b></p> <p>Bacardi Captain Morgan Havana Club 3yr Sea Dog The Kraken Black Spiced Rum</p> <p><b>Irish Whiskey</b></p> <p>Middleton Very Rare Slane Castle Knapogue Castle 12yr Old Powers 12yr Old Special Reserve Buffalo Trace The Irishman Blackbush</p>	<p>Bushmills Bushmills 10yr Redbreast Tullamore Dew Crested 10 Jameson Paddy Powers</p> <p><b>Scotch Whiskey</b></p> <p>Laphroaig Glenlivet Chivas Regal Glenmorangie VAT 69 Johnnie Walker Black Johnnie Walker Red Haig J &amp; B Rare</p> <p><b>Bourbon Whiskey</b></p> <p>Jack Daniels Jim Beam Wild Turkey Buffalo Trace Jack Daniels Honey</p> <p><b>Brandy</b></p> <p>Hennessey Remy Martin Hennessey VSOP Hennessey XO Remy Martin XO</p> <p><b>Cocktails</b></p> <p>Cosmopolitan Mojito Blue Hawaiian</p>	<p>Pina Colada Tequila Sunrise Long Island Iced Tea</p> <p><b>Liquors</b></p> <p>Bols Apricot Brandy Bols Maraschino Bols Cherry Brandy Bols Kiwi Bols Blue Triple Sec Crème de Cassis Crème de Banane Crème de Cacao Brown Crème de Cacao White Crème de Menthe Sambuca Tia Maria Kahlua Tequila Goldschlager Jaegermeister Peach Schnapps Grand Marnier Cointreau Drambuie Benedictine Baileys Irish Mist Milligan Southern Comfort</p> <p><b>Sherry/Vermouth/ Port</b></p> <p>Martini Cinzano Dubonnet Pernod Winters Tale</p>	<p>Tio Pepe Harveys Bristol Cream Sandemans Port</p> <p><b>Bottled Beers</b></p> <p>Heineken Budweiser Coors Light Corona Bulmers Pint Bottle Bulmers Long Neck West Coast Cooler Peroni Erdinger Non Alcoholic</p> <p><b>Draught Beers (Pint):</b></p> <p>Guinness Heineken Carlsberg Budweiser Coors Light Hop House Tuborg Beamish Orchard Thieves Smithwicks</p> <p><b>Soft Drinks</b></p> <p>Coke Sprite Fanta Riverrock Mineral Water Fruice Juice Lucozade Cidona Red Bull Baby Mixers Fevertree Tonic Waters</p>
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