

# 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.

### - STARTERS -

<b>Homemade Soup of the Day (V)(ACF)</b> <i>Homemade Guinness Soda Bread</i> <i>Please ask your server for today's Soup</i>		<b>€7.00</b>
<b>Hot &amp; Sticky Chicken Wings (CF)</b>	<b>Starter</b>	<b>€10.25</b>
	<b>Main</b>	<b>€14.75</b>
<i>Tossed in a Spicy BBQ, Hot Louisiana OR Korean Sauce with Celery Sticks &amp; Blue Cheese Dip</i>		
<b>Tournafulla Fried Black Pudding</b> <i>Fried Black Pudding Rolled in Oats, Crispy Bacon Lardons, Organic Leaves, Balsamic Dressing</i>		<b>€9.50</b>
<b>Classic Caesar Salad (V)(ACF)</b>	<b>Starter</b>	<b>€9.50</b>
	<b>Main</b>	<b>€12.25</b>
<i>Crisp Cos Lettuce, Garlic Croutons, Crispy Smoked Bacon Lardons &amp; Caesar Dressing</i>		
<b>Add chicken</b>		<b>€3.00</b>

<b>Warm Lightly Crumbed Duck Bon Bons (ACF)</b> <i>Infused with Ginger, Garlic &amp; Spring Onion</i> <i>Drizzled with a Spiced Plum Sauce</i>		<b>€10.50</b>
<b>Oakwood Smoked Salmon on Brown Bread (ACF)</b> <i>Lemon, Capers &amp; Roasted Baby Beets</i> <i>Homemade Guinness Soda Bread</i>		<b>€11.50</b>
<b>Smoked Chicken &amp; Mango Salad (ACF)</b> <i>Sundried Tomatoes, Garlic Croutons &amp; Balsamic Dressing</i>		<b>€10.50</b>
<b>Homemade Chicken Liver Parfait (ACF)</b> <i>Sautéed Chicken Liver, Brandy, Fresh Herbs, Melba Toast &amp; Red Currant Coulis</i>		<b>€9.50</b>

### - MAINS -

<b>Beer Battered Fish &amp; Chips</b> <i>Mushy Peas, Tartare Sauce &amp; Cut Chips</i>	<b>€16.50</b>
<b>Angry Beef Burger (ACF)</b> <i>Grilled 100% Beef Burger, Lettuce, Tomato, Jalapeno, Bacon Chilli Jam, Cheddar Cheese &amp; Battered Habanero Pepper</i>	<b>€16.75</b>
<b>Homemade 8oz Beef Burger (ACF)</b> <i>Grilled 100% Beef Burger, Cheddar Cheese, Smoked Bacon Onion Rings &amp; Chips</i>	<b>€16.75</b>
<b>Korean Style Chicken Burger</b> <i>Brioche Bun, Wasabi Mayo, Red Slaw &amp; Chips</i>	<b>€16.75</b>
<b>Thai Green Chicken Curry (V)(ACF)</b> <i>Served with Steamed Basmati Rice &amp; Naan Bread</i>	
<b>Vegetarian €15.50, Fragrant Chicken €16.50, Sautéed Prawns €18.50</b>	
<b>12Hr Slow Roasted Pork Belly (CF)</b> <i>Caramelized Onions &amp; Crushed Minted Peas</i>	<b>€20.50</b>
<b>Stir Fry (V)(ACF)</b> <i>Egg Noodles, Crispy Vegetables, in a Ginger, Garlic, Chilli &amp; Soya Sauce</i>	
<b>Vegetarian €15.50, Chicken €16.50, Prawns €18.50</b>	

<b>Rigatoni Pasta</b> <i>Sautéed Tiger Prawns with Creamed Leeks, Spinach &amp; Lemon</i>	<b>€18.50</b>
<b>Grilled 10oz Irish Sirloin Steak (ACF)</b> <i>Cooked to your liking, Onion Rings, Home Fries, Roast Garlic Butter or Pink Peppercorn Sauce</i>	<b>€28.50</b>
<b>Grilled 10oz Irish Ribeye Steak (ACF)</b> <i>Cooked to your liking, Onion Rings, Home Fries, Roast Garlic Butter or Pink Peppercorn Sauce</i>	<b>€28.50</b>
<b>Pan-fried Fillet of Sea Bass (CF)</b> <i>Tender Stem Broccoli, Toasted Almond Butter &amp; Creamy Mash</i>	<b>€21.50</b>
<b>Fresh Tagliatelle Pasta Parmigiana</b> <i>Parmigiana Chicken Breast with a Spicy Tomato Sauce</i>	<b>€18.50</b>
<b>Grilled Fillet of Salmon (CF)</b> <i>Steamed Asparagus, Creamy Mash &amp; Sauce Vierge</i>	<b>€22.00</b>
<b>Braised Beef Cheek</b> <i>Braised in Guinness with Root Vegetable Puree, Creamy Mash &amp; Red Wine Jus</i>	<b>€22.50</b>

### - SIDES -

<b>Cut Chips</b>	<b>€4.50</b>	<b>Red Slaw</b>	<b>€4.50</b>
<b>Crispy Onion Rings</b>	<b>€4.50</b>	<b>Steamed Basmati Rice</b>	<b>€4.50</b>
<b>Creamed Spinach</b>	<b>€4.50</b>	<b>Organic Leaf Salad</b>	<b>€4.50</b>
<b>Baked Potato</b>	<b>€4.50</b>	<b>Grilled Corn on the Cob</b>	<b>€4.50</b>

Our dishes may contain traces of nuts. Please ask your server for our allergen information. Our beef is 100% Irish Origin and sourced locally when possible.  
V= Vegetarian friendly dish    CF = Coeliac friendly dish    VO=Vegetarian option available    ACF = Coeliac friendly option available