

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.



www.yvonnetreacynutrition.com

- STARTERS -

Homemade Soup of the Day (v) (acf) <i>Homemade Brown Soda Bread Please ask your server</i>	€5.25	Potted Homemade Ham Hock Terrine (cf) <i>With Pickled Gherkins, Infused with Dill & Mustard</i>	€8.00
Homemade Atlantic Seafood Chowder (cf) <i>Infused with Dill & Pernod, Homemade Brown Soda Bread</i>	€6.75	Sautéed Calamari & Chorizo (acf) <i>Drizzled in a Garlic, Chilli & Tomato Olive Oil. Served with Sour Dough Bread for Dipping</i>	€8.50
Hot & Sticky Chicken Wings (cf) <i>Tossed in a Spicy BBQ Sauce, Celery Sticks & Blue Cheese Dip</i>	€8.75	Crispy Tiger Prawns <i>Wrapped in Filo Pastry & served with Organic Leaves & a Spicy Habanero Mayonnaise</i>	€8.75
Classic Caesar Salad (acf) (vo) <i>Crisp Cos Lettuce, Garlic Croutons, Crispy Smoked Bacon Lardons, Caesar Dressing</i>	€8.25	Oakwood Smoked Salmon (acf) <i>With Lemon, Capers, Roasted Baby Beets & Served with Homemade Guinness Soda Bread</i>	€10.25
Add Chicken	€1.05	Classic Italian Antipasto Sharing Platter (acf) <i>Selection of Italian Meats, Olives, Buffalo Mozzarella, Tomatoes, Pickles & Crispy Bread</i>	€15.25
Garlic Bread	€5.75		
Add Mozzarella Cheese	€6.75		

- MAINS -

Fish & Chips <i>Beer Battered Cod, Minted Mushy Peas, Tartare Sauce & Cut Chips</i>	€15.25	Grilled 9oz Irish Sirloin Steak (cf) <i>Cooked to your liking. Grilled Flat Mushroom, Sautéed Onions, Home Fries, Roast Garlic Butter or Pink Peppercorn Sauce</i>	€23.50
Homemade 8oz Beef Burger <i>Grilled 100% Beef Burger, Cheddar Cheese, Smoked Rashers, Onion Rings, Chips & a Red Onion Marmalade</i>	€15.75	Grilled 9oz Irish Rib Eye Steak (cf) <i>Cooked to Your Liking. Grilled Flat Mushroom, Sautéed Onions, Home Fries, Roast Garlic Butter or Pink Peppercorn Sauce</i>	€23.50
Thai Red Curry (acf) (vo) <i>Fragrant Vegetable Curry Served with Coriander Infused Basmati Rice.</i>	€15.25	Oven Roasted Lamb Rump (cf) <i>With Honey Roasted Butternut Purée & Served with a Mint Pesto</i>	€21.50
Add Chicken	€1.60	Jamaican Jerk Chicken Breast (cf) <i>With Sweet Pineapple & a Coriander Salsa with Steamed Basmati Rice</i>	€15.25
Pappardelle Pasta (vo) <i>With Grilled Chicken, Pancetta in a Garlic, Chilli & Sundried Tomato Sauce</i>	€14.25	Tagliatelle Pasta <i>With Grilled Tiger Prawns & topped with Crispy Calamari in a Chilli, Garlic & Lime Infused Cream</i>	€15.25
12 Hour Slow Roasted Pork Belly (cf) <i>With Crushed Pea & Mint Purée, Apple Compote & a Rosemary Jus</i>	€17.25	Philly Cheese Steak Sandwich <i>Thinly Sliced Fillet of Beef with Sautéed Onions & Melted Cheddar Cheese in a soft Roll & served with Chips</i>	€14.50
Crispy Confit of Duck Leg (cf) <i>With Sautéed Potatoes, Caramelised Onions, Bok Choi & a Red Wine Jus</i>	€21.50		
Baked Fillet of Swordfish (cf) <i>With Tender Stem Broccoli</i>	€18.50		
Roast Fillet of Salmon (cf) <i>With Braised Fennel & a Sauce Vierge</i>	€18.50		

All our Beef is 100% Irish Origin and sourced locally when possible.

V denotes Vegetarian Friendly Dish.

VO denotes Vegetarian Option Available on the dish.

CF denotes Coeliac Friendly Dish.

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 -

Cut Chips	€3.50	Red Slaw	€3.50
Crispy Onion Rings	€3.50	Steamed Basmati Rice	€3.50
Creamed Spinach	€3.50	Organic Leaf Salad	€3.50
Baked Potato	€3.50	Grilled Corn on the Cob	€3.50

- WINES LIST -

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

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

- DRINKS MENU -

<p>Gins</p> <p>Gordons Cork Dry Gin Hendricks Brockmans Fifty Pounds Monkey 47 Tanqueray Dingle Gin Beefeater Bombay Sapphire Tanqueray 10 Bulldog</p> <p>Vodkas</p> <p>Smirnoff Grey Goose Dingle Vodka Ketel One Absolut</p> <p>Rums</p> <p>Bacardi Captain Morgan Havana Club 3yr Sea Dog The Kraken Black Spiced Rum</p> <p>Irish Whiskey</p> <p>Midleton 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>Scotch Whiskey</p> <p>Laphroaig Glenlivet Chivas Regal Glenmorangie VAT 69 Johnnie Walker Black Johnnie Walker Red Haig J & B Rare</p> <p>Bourbon Whiskey</p> <p>Jack Daniels Jim Beam Wild Turkey Buffalo Trace Jack Daniels Honey</p> <p>Brandy</p> <p>Hennessey Remy Martin Hennessey VSOP Hennessey XO Remy Martin XO</p> <p>Cocktails</p> <p>Cosmopolitan Mojito Blue Hawaiian</p>	<p>Pina Colada Tequila Sunrise Long Island Iced Tea</p> <p>Liquors</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 Schnappes Grand Marnier Cointreau Drambuie Benedictine Baileys Irish Mist Milligan Southern Comfort</p> <p>Sherry / Vermouth / Port</p> <p>Martini Cinzano Dubonnet Pernod Winters Tale</p>	<p>Tio Pepe Harveys Bristol Cream Sandemans Port</p> <p>Bottled Beers</p> <p>Heineken Budweiser Coors Light Corona Bulmers Pint Bottle Bulmers Long Neck West Coast Cooler Peroni Erdinger Non Alcoholic</p> <p>Draught Beers (Pint):</p> <p>Guinness Heineken Carlsberg Budweiser Coors Light Hop House Tuborg Beamish Orchard Thieves Smithwicks</p> <p>Soft Drinks</p> <p>Coke Sprite Fanta Riverrock Mineral Water Fruice Juice Lucozade Cidona Red Bull Baby Mixers Fevertree Tonic Waters</p>
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