



## A LA CARTE MENU

### Starters

**Homemade Soup of the Day €5.95 (1,7, 9, 12)**

Served with Keenan's homemade brown bread

**Seafood Chowder €8.95 (1, 7, 9, 12, 14)**

Creamy seafood chowder & Keenan's homemade brown bread

**Chicken Wings €9.95 (1, 6, 7, 9, 11, 12)**

Crispy chicken wings, sesame seeds, with Hot Sauce, side blue cheese mayo & celery sticks

**Garlic Mushrooms €7.95 (1, 3, 10, 12)**

Mushroom fritters, with roast garlic Aioli

**Classic Atlantic Prawn Cocktail €9.95 (2,3,6,10,12)**

With marie rose sauce

### Sandwiches & Salads

**Pulled roast chicken & salad sandwich €9.95 (1,7,9,12)**

Served with fresh chunky chips & salad

**Mixed Irish Beetroot and St. Tolas' Goats cheese €8.95 (Main size €17.95) (7,8,10,12)**

Mixed leaf with toasted hazelnut, capers & honey mustard dressing.

**Keenan's Superfood Salad €17.95 (7,8,11,12)**

Trio of quinoa, tenderstem broccoli, butternut squash, pomegranate seeds, pickled onions, feta cheese, molasses dressing & roasted seeds (Add Chicken €2.50)

**Chicken & Bacon Cesar Salad €17.95 (1,7,10,12)**

Chicken & bacon served on a bed of salad with croutons & Cesar dressing

**Keenan's Wi-Fi Code: keenans1**

## Main Courses

### Sirloin Steak (10oz) €28.95 (7,9,12)

Irish Sirloin served with sauté onions, hand-cut chips, pepper sauce or Garlic butter

### Keenan's Gourmet Beef Burger €17.95 (1,3,7,10,12)

8oz Beefburger, crispy bacon, vine tomato, onion, gem lettuce, pickle, Monterey jack cheese, house sauce, in a brioche bun, served with hand-cut chips.

### Keenan's Steak Sandwich €18.95 (1,3,7,9,12)

6oz Sirloin Steak on a toasted ciabatta bread with garlic butter, topped with sauté onions, served with a side of hand-cut chips & pepper sauce

### Fresh Battered Haddock €18.95 (1,3,4,10,12)

With tartare sauce, pea puree & fresh hand-cut chips

### Chicken Goujons €15.95 (1,3,7,10,12)

Breaded Chicken Breast served with side salad & chips, garlic aioli or ginger & chilli mayonnaise

### Wild Mushroom & Chicken Tagliatelle €18.95 (1,3,7,12)

Tagliatelle in creamy a white wine & blue cheese sauce, with spinach & mushrooms, with rocket and shaved parmesan.

## Side Orders

Gratin Potatoes €3.95 (7,12)

Stir-fry Vegetables €3.95 (6,7,11,12)

Chips €3.95

Side Salad €3.95

Sauté Mushrooms €3.95 (7,12)

### Allergens:

- |                  |                |           |              |             |
|------------------|----------------|-----------|--------------|-------------|
| 1. Gluten        | 2. Crustaceans | 3. Eggs   | 4. Fish      | 5. Peanuts  |
| 6. Soybeans      | 7. Dairy       | 8. Nuts   | 9. Celery    | 10. Mustard |
| 11. Sesame Seeds | 12. Sulphites  | 13. Lupin | 14. Molluscs |             |

**Some dishes may be altered to suit dietary requirements – please ask server**