



LOUGH REA
HOTEL & SPA



LUNCH MENU

Starters

Soup of the Day (V) €6.50

Guinness Bread & Salted butter (GF Available)
(Contains Allergens: 1a Wheat, 7, 9, 12)

Galway Bay Seafood Chowder €8.50

Guinness Bread & Salted Butter
(Contains Allergens: 1a Wheat, 2, 4, 7, 9, 12)

Spiced Buffalo Chicken Wings €9.50

Lightly Spiced, Jack Daniels BBQ, Leaf Salad,
Ranch Dressing and Celery Sticks (1a Wheat, 1c Barley, 6, 7, 9, 12)

Main Course with Chips €15.50

Classic Caprese Salad (V) €9.50

Plum Tomatoes, Fresh Mozzarella Cheese, Basil,
Extra Virgin Olive Oil & Toasted Pine Nuts (Contains
Allergens: 5, 7, 8 Pinenut, 9, 12)

Marinated Citrus Prawns Salad €10.50

Butterfly Prawns, Served With Garden Greens,
Caper Berries, Lemon Ginger & Honey Dressing and
Orange Segments (Contains Allergens: 2, 4, 7, 12)

Trio of Duck €12.50

Duck Pate, Duck Spring Rolls, Duck Salad, Mesclun,
Hoisin Sauce, Caramelised Onion & Balsamic Toast
(Contains Allergens: 1a Wheat, 6, 7, 8, 9, 10, 11)

Sides

Fries (1a Wheat) €4.00

Cream Mash Potatoes (7) €4.00

Seasonal Vegetables (7) €4.00

Rocket & Parmesan Salad (7) €4.50

Our Famous Cajun Fries (1a Wheat, 7) €4.50

Home Made Onion Rings (1a Wheat) €4.50

Our Ethos as a company is to support Irish Farmers and procure From Local Irish Producers as a priority. Purchase with confidence knowing that our meats are farm to fork traceable and supporting local, regional and Irish food producers and jobs

Sandwiches

Smoked Salmon on Brown Bread €11.00

Garden Greens, Capers, Pickled Ginger, Lemon & Honey Dressing
(Contains Allergens: 1a Wheat, 2, 3, 4, 6, 7, 8, 9, 12)

Smoked Turkey & Cranberry €10.00

With Olive Focaccia, Melted Brie And Wild Rocket
(Contains Allergens: 1a Wheat, 7, 11)

Traditional Triple Decker BLT €9.50

Tomatoes, Bacon, Dressed Lettuce on White or Brown Bread
(Contains Allergens: 1a Wheat, 7, 9, 11)

Open Tomato & Mozzarella Sandwich €9.50

With Fresh Mozzarella Cheese, Marinated Plum Tomatoes,
Basil & Extra Virgin Olive Oil (Contains Allergens: 1a Wheat, 7, 9, 11)

Classic Ham & Cheese €9.50

Glazed Ham & Cheddar Cheese With Brown Or White Bread,
Served with Chips (Contains Allergens: 1a Wheat, 7, 11)

Add Chips or Soup to Any Sandwich Order for €3.50

Main Courses

Roast of the Day €17.50

Ask Your Server for Potatoes & Vegetables of the Day
(Contains Allergens: 1a Wheat, 3, 7, 9, 12)

Galway Bay Catch of the Day €19.50

Ask Your Server for Potatoes & Vegetables of the Day
(Contains Allergens: 3, 4, 7, 8, 9, 12)

Char Grilled Irish Beef Burger €16.50

Smoked Bacon, Red Cheddar Cheese, Brioche Bun, Tomatoes
& Chips (Contains Allergens: 1a Wheat, 4, 6, 7, 8, 9, 10, 12)

Paprika Marinated Chicken Burger €16.50

Cajun Mayonnaise, Wild Rocket, Brioche Bun & Chips
(Contains Allergens: 1a Wheat, 7, 8, 12)

Indian Style Chicken Curry €18.50

With Saffron Basmati Pilau Rice, Garlic & Coriander
Naan Bread and Mango Chutney (Contains Allergens:
1a Wheat, 6, 7, 8, 9, 10, 11, 12) **Vegetarian €16.50 (V)**

Oriental Style Stir Fry (V) €16.50

With Egg Noodles, Light Soy & Ginger Sauce and
Scallions (Contains Allergens: 1a Wheat, 6, 7, 8, 9, 10, 11, 12)
Add Chicken €2.00

