

Liv Bar & Brasserie

GLUTEN FREE MENU

STARTERS

Soup of the Day (V) €6.95

Gluten Free Bread

(Contains Allergens: 7,8,9,12)

Galway Bay Seafood Chowder €8.95

Gluten Free Bread

(Contains Allergens: 1,2,3 Fish, 7,8,9,12)

Crispy Spiced Buffalo Chicken Wings €9.95

Hot Sauce, Peppered Leaf Salad & Ranch Dressing

(Contains Allergens: 7,8,9,11)

Flame Grilled Chicken Caesar €9.95/€15.95

Crisp Cos Leaves, Shaved Parmesan & Caesar Dressing

(Contains Allergens: 7,8,9,11,13)

Goats Cheese Salad €8.95

Mixed Leaves, Cherry Tomatoes, Caramelized Red Onion,
Balsamic Drizzle

(Contains Allergens 7, 8, 12)

SANDWICHES

ALL SANDWICHES SERVED ON GLUTEN FREE BREAD

Smoked Salmon €10.95

Horse Radish Mayonnaise, Assorted Lettuce, Red Onions,
Caper Berries and Lemon

(Contains Allergens: 7,8,9,11)

Traditional BLT €10.50

With Tomatoes, Bacon, Dressed Lettuce

(Contains Allergens: 7,8,9,11)

Classic Ham & Cheese €9.50

Glazed Ham & Cheddar Cheese

(Contains Allergens: 7,8,9,11)

Add Chips or Soup to Any Sandwich €3.50

SIDES

Rocket & Parmesan Salad €4.50 (8, 9)

Creamy Mash €4.00 (7,9)

Rustic Fries €4.00 (8,9)

Famous Cajun Fries €4.50 (8,9)

Market Vegetables €4.00 (7)

MAINS

8 oz Grilled Sirloin Steak €29.00

Rustic Chips & Three Peppercorn Sauce

(Contains Allergens: 7, 8, 9, 11, 12)

SURF 'N' TURF €33.95

8 oz Sirloin Steak, Garlic Prawns, Rustic Chips & Three
Peppercorn Sauce

(Contains Allergens: 1, 2, 3, 7, 8, 9, 11, 12)

Char Grilled Irish Beef Burger €17.90

Smoked Gubbeen Bacon, Caramelized Onions, Mature
Dubliner Cheese, Bourbon & Tomato Relish

(Contains Allergens: 7,8,9,10,11,12)

Manhattan Chicken Burger €16.95

Fried Chicken Fillet, Ruby Coleslaw, Wild Rocket & Rustic
Fries *(Contains Allergens: 7,8,9,10,11,12)*

Roast of the Day €18.95

Served with Potatoes & Vegetables of the Day

(Contains Allergens: 7,8,9,10,11,12)

½ Roast Chicken €18.50

Marinated In Thyme and Crème Potatoes, Roast Vegetables,
Red Wine Jus

(Contains allergens: 7,8,9,10,11,12)

Galway Bay Catch of the Day €19.95

Served with Potatoes & Vegetables of the Day

(Contains Allergens 1,3, 7,8,9,12)

Indian Style Vegetable Curry €16.50

Steamed Basmati Rice, Mango Chutney *(Contains*

Allergens:7,8,9,10,11,12)

ADD CHICKEN €3.50

Oriental Style Stir Fry €16.95

Served with Rice, Soy Ginger & Scallion Sauce

(Contains Allergens: 7,8,9,10,11,12)

ADD CHICKEN €3.50

DESSERTS

Chocolate & Coconut Tart €6.95

with Vanilla Ice-cream

(Contains Allergens: 5 Almonds, 7,8,9,11,12)

Warm Chocolate Brownie €6.95

with Vanilla Ice-cream

(Contains Allergens: 7,8,9,14)

Fresh Fruit Salad €6.95

(Contains Allergens: 7,8,9,10,11,12)