

LUNCHTIME AT

THE BLACK SHEEP

SERVED 12-4

LUNCHTIME FAVOURITES

- STEAK BURGER** 12²⁵
100% Irish round steak burger served on a toasted brioche bun with gherkins, house relish, mixed leaves, American mustard mayonnaise, Stormy Port cheese sauce, an onion ring and chunky chips
- CAJUN CHICKEN BURGER** 12⁰⁰
Succulent chicken breast in a blackened Cajun marinade with a guacamole and yogurt topping, onions, baby lettuce leaves with house relish, on a toasted brioche bun, chunky chips and an onion ring
- FALAFEL BURGER** 12⁰⁰
On a brioche bun with baby lettuce, tomato, lime and chilli tahini yogurt, homemade relish with hand cut chips or a crisp mixed salad **V**



MY BURGER

The Monster Steak Burger: €18
Two 100% Irish steak burgers served on a triple toasted brioche bun with crispy rasher, gherkins, house relish, mixed leaves, American mustard mayonnaise, Stormy Port cheese sauce, chunky chips and an onion ring

Extra Toppings just €1
Blue cheese Red cheddar
Chorizo Crispy bacon
Fried egg Chilli con carne
Mozzarella
Stormy Port cheese sauce
Red onion marmalade
Gluten free bun upgrade: €1

Gluten-free bread/wraps available on request, add €1

- FRESH FISH AND CHIPS** 12⁰⁰
Fresh fish of the day in our Full Sail beer batter, homemade tartar sauce
- THE BLACK SHEEP LAMB HOT POT** 12⁰⁰
Tender Irish Lamb pieces with roast vegetables and a Buried At Sea gravy with a crispy potato gratin topping
- THE ITALIAN CODDLE** 12⁰⁰
Italian sausage, pancetta, sun blushed tomatoes, roast garlic, thyme, spaghetti pieces and mixed beans in a roast tomato stew
- THE VEGETARIAN GARLIC AND CHEESE FAJITA** 9⁰⁰
Pan fried vegetables, peppers, red onion, grated cheese, leeks, red cabbage with chilli and garlic, salsa sauce, guacamole and tortilla wraps **V** Add Chicken €2
- THE BLACK SHEEP PORK SAUSAGE** 12⁰⁰
An Irish jumbo pork and leek sausage on a creamy champ mash potato with a Stormy Port and onion gravy

TOASTIE OF THE DAY
ON BRETZEL BAKERY BREAD

Monday	THE BLACK SHEEP VEGGIE V Roasted peppers, sun blushed beef tomato, roasted red onions, mozzarella and a tomato pesto on a sour dough 8 ⁰⁰
Tuesday	PIRI PIRI CHICKEN WRAP Piri Piri chicken, tomato, cucumber, onions with baby leaves and garlic mayonnaise 8 ⁰⁰
Wednesday	THE BLACK SHEEP CLUB Roast chicken breast, crispy bacon, bread stuffing, mayonnaise, lettuce leaves and house relish 8 ⁵⁰
Thursday	BBQ PULLED PORK With coleslaw, red onions, tomato on a sour dough bun 8 ²⁵
Friday	THE KENTUCKY BEEF SANDWICH Tender beef pieces in a Kentucky bourbon marinade, grilled tomato, baby leaves, fried onions and an American mustard sauce 14 ⁰⁰

Add chips, salad or soup €2.50

SALADS

VEGETARIAN VARIATIONS OF THE SALADS AVAILABLE AT €10

- CAJUN CHICKEN AND AVOCADO SALAD** 11⁰⁰
Blackened Cajun chicken grilled, avocado, toasted sesame seeds, tomato, roast peppers, red onion, baby gem lettuce and a balsamic reduction **GF**
- THE SUPER FOOD AND STEAK SALAD** 14⁰⁰
Pan fried feather blade steak pieces, hard boiled egg, tomato, cucumber, avocado, mixed leaves, goji berries, roasted seeds with a citrus house sauce and balsamic dressing and fried onions **GF**
- THE COBB SALAD** 12⁰⁰
Grilled crispy bacon, hard boiled eggs, grilled chicken, tomatoes, baby lettuce leaves and a blue cheese dressing **GF**

SOUP & FRESH CUT SAMBOS

ALL SANDWICHES AVAILABLE ON GLUTEN FREE BREADS

- SOUP OF THE DAY** 5⁰⁰
Served with brown bread **V**
- CHUNKY CHIPS** 4⁵⁰
Served with chilli mayonnaise **V**
- SWEET POTATO FRIES** 5²⁵
Served with chilli mayonnaise **V**
- BUTTERMILK FRIED CHICKEN WRAP** 7²⁵
Buttermilk golden fried chicken pieces with mixed leaves, tomato and chilli mayo
- CHICKEN KORMA WRAP** 8⁰⁰
Breast of chicken in a korma sauce with lettuce, tomato, red onions and natural yogurt and garlic mayonnaise
- FALAFEL WRAP** 7⁵⁰
With mixed leaves, tomato, mint and coriander chutney
- MANWICH** 14⁰⁰
Irish feather blade steak pieces with boozy onions, mushrooms with American melted cheese and American mustard on Bretzel Bakery sour dough
- THE VEGGIE** 8⁰⁰
Roasted peppers, sun blushed tomatoes, roasted red onions, grated cheese, roasted tomato pesto oil on a sour dough **V**
- CHICKEN BURRITO** 9⁰⁰
Chicken fillet, roasted peppers, jalapeños, scallions, baby lettuce leaves, smoked paprika mayonnaise and natural yogurt

DESSERTS

- HOMEMADE CHOCOLATE ICE CREAM** 4⁵⁰
Homemade Galway Bay Brewery Buried at Sea milk chocolate ice cream
- HOMEMADE APPLE CRUMBLE** 5⁵⁰
Homemade apple crumble with fresh cream, custard and a scoop of vanilla ice-cream

For those with special dietary requirements or allergies who may wish to know about the ingredients used, please ask a member of staff

V Vegetarian
GF Gluten Free

Free Wi-Fi
Ask your server!