

LUNCHTIME AT

Against The Grain

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, onion ring and chunky chips

THE CHICKEN KORMA BURGER 12⁰⁰
Succulent chicken breast with a mild Korma sauce, onions, baby lettuce leaves with house relish, natural yogurt on a toasted brioche bun, chunky chips and onion ring



MY BURGER

<p>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</p>	<p>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</p>
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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 and home made tartar sauce

GALWAY BAY CHORIZO AND BUTTERBEAN STEW ... 12⁰⁰
A Spanish-style chorizo, sweet potato and butter bean stew with smoked paprika and tomatoes

AGAINST THE GRAIN HOTPOT 12⁰⁰
Braised Irish beef hotpot with roasted root vegetables with a crispy gratin potato topping and a boozy Stormy Port and onion gravy

LINGUINE PASTA WITH CLAMS AND MUSSELS 12⁰⁰
Dublin Bay clams and mussels with linguine spaghetti in a creamy spinach sauce with garlic bread

AGAINST THE GRAIN PORK SAUSAGE 12⁰⁰
An Irish jumbo pork and leek sausage on a creamy champ mash potato with a Stormy Port and onion gravy

CREAMY SWEET POTATO & MUSHROOM RISOTTO .. 12⁰⁰
Arborio Italian risotto with diced sweet potato, wild mushrooms in a creamy sauce with Parmesan cheese

TOASTIE OF THE DAY
ADD SOUP OR CHIPS FOR €2⁵⁰

Monday:	The Galway Bay Club Sandwich: Irish crispy rashers, chicken, tomato, lettuce, mayonnaise with a gooey fried egg on sour dough..... 10 ⁰⁰
Tuesday:	Parma Ham with Irish Goats Cheese, basil pesto on a sour dough..... 9 ⁵⁰
Wednesday:	Roast Turkey Wrap with a sage stuffing and cranberry mayonnaise on sour dough..... 8 ²⁵
Thursday:	Roast Cajun Chicken Breast, guacamole, lettuce and tomato on sour dough..... 9 ²⁵
Friday:	Pan-fried Featherblade Steak Sandwich cooked to your liking with garlic butter crispy onions and salad leaves on a sour dough bread..... 13 ⁰⁰

SALADS

SUPER FOOD SALAD 10⁰⁰
This is a tasty, high-protein low-fat dish with hard boiled egg, tomato, cucumber, avocado, mixed leaves, goji berries, roasted seeds and nuts with a citrus dressing **V** Add Chicken €2

BABY BEETROOT AND GOATS CHEESE SALAD 11⁰⁰
Roasted baby beetroots and oven baked goats cheese on a garlic crostini with baby rocket leaves, a beetroot sauce and a balsamic reduction

CAJUN CHICKEN AND AVOCADO SALAD 11⁵⁰
Blackened Cajun chicken grilled, avocado, toasted sesame seeds, tomato, red onion, baby gem lettuce, balsamic reduction

SOUP & FRESH CUT SAMBOS

ALL SANDWICHES AVAILABLE ON GLUTEN FREE BREADS/BURGER BUNS

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

FALAFEL WRAP 7⁵⁰
With mixed leaves, tomato, mint and coriander chutney **V**

THE ITALIAN 8⁰⁰
Grilled beef tomato and melted buffalo mozzarella with basil pesto and a soft roll **V**

MANWICH 14⁰⁰
Irish Featherblade steak pieces with boozy onions, mushrooms with American melted cheese and an American mustard on soft roll and side salad

CROQUE MONSIEUR 8⁵⁰
Home cooked fresh Irish ham with grated cheese and a béchamel sauce on thick batch bread

ROAST CHICKEN CLUB SANDWICH 8⁵⁰
Roast chicken breast, with bread stuffing mayonnaise, tomato, crispy bacon, baby leaves and house relish

DESSERT

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

Free Wi-Fi
Ask your server!

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