

# BAR RUA

## STARTERS AND SHARING PLATES

SOUP OF THE DAY.....	6.75
Served with bread and butter. 1(wheat),7. <b>Soup is gluten and dairy free! Bread contains gluten.</b>	
SEAFOOD CHOWDER.....	11.25
Creamy Fresh mixed seafood chowder served with bread. 1(wheat),4,7,12. <b>Chowder is gluten free! Bread contains gluten.</b>	
CRISPY CALAMARI.....	11.00
Crispy marinated Calamari rings, served with garlic mayo and lemon. 2,3,4,7,13	
FISH CAKES.....	13.00
Succulent fried potato croquettes filled with a selection of fish, served with tartare sauce and a side salad. 1(wheat),3,4,7	
ARANCINI.....	11.00
Risotto croquettes with sundried tomatoes and mozzarella. Served with garlic mayo. 1(wheat),7,9,12	
MAC AND CHEESE.....	9.00
Macaroni pasta with homemade cheese sauce. 1(wheat),3,7	Add Bacon.....2.00    Add Chorizo...3.00
LOADED NACHOS.....	13.50
Corn tortilla chips, guacamole, salsa, sour cream, mixed peppers, jalapenos, homemade cheese sauce.7,9,12	Add Chilli Beef 3.00
BUTTERMILK FRIED CHICKEN.....	11.50/22.00
Buttermilk marinated fried chicken fillets served with sweet chilli mayo. 1(wheat),3,7,10	
GBB BBQ WINGS.....	11.50/22.00
Marinated with GBB Ostara Beer BQ Sauce with crunchy celery and blue cheese mayo. 1(wheat),3,7,9,10	
GBB HOT WINGS.....	11.50/22.00
Marinated with GBB Slow Lives Helles Hot Sauce with crunchy celery and blue cheese mayo. 1(Wheat),3,7,9	
CAULIFLOWER WINGS.....	11.50/22.00
Breaded cauliflower wings, served with a choice of hot sauce or BBQ. 1(wheat,barley),7,9 <b>Suitable for Vegans without the sauce.</b>	

## BURGERS

CLASSIC BURGER.....	17.50
100% Irish beef patty, pickles, baby gem, mayo, beef tomato, served on a brioche bun. 1(wheat),3,7,12	
SMOKY BLUE BURGER.....	18.00
100% Irish beef patty, crispy bacon, Cashel blue cheese, baby gem, mayo, beef tomato, served on a brioche bun. 1(wheat),3,7,12	
FISH BURGER.....	18.00
Full Sail IPA battered fish, tartare, lettuce, served on a brioche bun. 1(wheat),3,4,7,10,12	
ELVIS BURGER.....	21.00
Double 100% Irish beef patties, crispy bacon, red cheddar, onion jam, baby gem, mayo and beef tomato, served on a brioche bun. 1(wheat),3,7,12	
BUFFALO CHICKEN BURGER.....	18.00
Breaded chicken breast, mayo, baby gem, beef tomato, with buffalo hot sauce, topped with Cashel blue cheese, served on a brioche bun. 1(wheat),3,7,12	
FALAFEL BURGER.....	17.00
Our house Falafel patty, garlic yoghurt, rocket, beef tomato, served on a brioche bun. 1(wheat),3,7,11,12	

All burgers served with fries.  
Add Cheese/Bacon/Egg/Chorizo 1.50 Each

## MAINS

FISH AND CHIPS.....	18.50
Full Sail IPA battered fish served with tartare sauce, minty pea puree and twice cooked chips. 1(wheat),3,4,7,10,12	
BOLA CHILLI.....	17.75
Spicy chilli of 100% Irish beef, kidney beans, guacamole, salsa, sour cream, cheese, tortilla chips served with rice. 7,9	
GALWAY BAY OSTARA STOUT STEW..	18.00
Slowly cooked 100% Irish beef in a rich GBB Ostara stout sauce, with root vegetables and served with creamy mash. 1(wheat,barley),6,7,9,10	
BANGERS AND MASH.....	17.00
Pork and Apple sausages served with onion gravy, mash and crispy onions. 1(wheat),6,7,9,12	
YELLOW LENTIL CURRY.....	16.50
Yellow lentil curry, served with basmati rice. 1(wheat),10	
FISH PIE.....	18.25
A selection of fresh and smoked fish in a creamy seafood velouté, with creamy mash and salad. 2,4,7,12	
STEAK SANDWICH.....	18.50
Grilled 5oz featherblade Irish steak with rocket, honey mustard mayo, cheese and crispy onions on a toasted ciabatta. 1(wheat),3,6,7,10,12.	

Swap Regular Fries for any  
Loaded Fries for 2.50

## SIDES

HALLOUMI FRIES.....	7.50
Deep fried halloumi sticks served with garlic mayo. 3,7	
GARLIC PARMESAN FRIES.....	6.50
Garlic oil, parmesan, herbs. 7,12	
ONION RINGS.....	5.00
With BBQ or hot sauce. 1(wheat)	
TWICE COOKED CHIPS.....	5.50
Served with sweet chilli mayo. 3,12	
SWEET POTATO FRIES.....	6.00
Served with sweet chilli mayo. 3,12	
JALAPEÑO AND CHEESE FRIES.....	7.50
Homemade cheese sauce, jalapeños and tortilla crumbs. 7,12	
BACON AND CHEESE FRIES.....	8.50
Cheese sauce, crispy bacon. 7,12	

3 Pint Pitchers!  
Share and save on our  
draught, ask staff for  
details!

## SALADS

CAESAR SALAD.....	13.00
Crunchy baby gem, caesar dressing, parmesan, croutons. 1(wheat),3,4,7	
Add grilled chicken.....	3.00
Add crispy bacon.....	2.00
PROTEIN BOWL.....	15.00
Crunchy baby gem, chickpeas, sun-dried tomatoes, kidney beans, roasted peppers and mixed nuts. 5,8(Hazelnut, Cashew, Brazil, Almond)	
Add fried egg.....	1.50
Add grilled chicken.....	3.00

## DESSERTS

CHOCOLATE FONDANT.....	7.50
Decadent chocolate fondant, served with vanilla Ice cream. 1(wheat),3,6,7	
APPLE CRUMBLE.....	7.50
Served with vanilla ice cream. 1(wheat),3,7	

## KIDS

KIDS BEEF BURGER.....	8.50
Plain 100% Irish beef slider burger, served with fries. 1(wheat),3,7,12	
KIDS MACARONI.....	7.00
Served with choice of cheese sauce or tomato sauce. 1(wheat),7	
BABY BOWL.....	3.50
Creamy mash and gravy. 1(wheat),6,7,12	
KIDS CHICKEN STRIPS.....	8.50
Buttermilk fried chicken served with chips and garlic mayo. 1(wheat),3,7,10,12	

## PAIR YOUR MEAL UP WITH OUR GBB BEERS



Full Sail  
West Coast IPA



Bay Ale  
Red Ale



Ostara  
Nitro Stout



Althea  
Hazy Session IPA



Slow Lives  
Helles Lager

### DIETARY ADVICE

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