



# M. FITZGERALD'S

TRADITIONAL IRISH BAR

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# BREAKFAST ~ BRICFEASTA (SERVED 10.30AM-2.00PM)

## Full Irish €13.7

back bacon, sausages, black & white pudding, grilled tomato, portobello mushroom, hash browns, beans, poached or scrambled egg, roundstone sourdough toast **1w,3,6,7,9,12,GFA**

## Mini Irish €9.9

Much the same as the full, only less **1w,3,6,7,9,12,GFA**

## Veggie Breakfast €10.9

falafel, hash brown, grilled tomatoes, hummus, avocado, portobello mushroom, beans, poached or scrambled egg, roundstone sourdough toast **1r,1w,3,6,7,8a,11,12,GFA**

## Breakfast Bap €8.9

sausage, bacon, black or white pudding, hash brown, fried egg, brioche bap **1w,3,6,7,9,12**

## Bacon & Eggs €8.9

scrambled or poached, toasted sourdough open style **1w,3,6,7,9,12,GFA**

## Smoked Salmon & Eggs €8.9

scrambled or poached, toasted sourdough open style **1w,3,4,6,7,9,12,GFA**

## Porridge Oats €6.0

honey / cinnamon / wild berries **1o,7,V**



# LIGHT BITES ~ MIASA ÉADROMA

## Soup of the Day €6.5

homemade guinness brown bread 1w,3,6,7,9,12,GFA

## Galway Bay Seafood Chowder €9.5

homemade guinness brown bread 1w,2,4,7,GFA

## Goats Cheese, Honey & Walnut Tartine €9.0

toasted sourdough, goat's cheese, honey, walnuts 1w,6,7,8,9,10,12

## Crispy Chicken Wings €10.5

blue cheese dip, choice of hot sauce, sweet chilli or smokey BBQ 1w,3,6,7,9,10,GFA

## Prawn Tempura €11.9

sesame dressed leaves, siracha & miso dip 1w,2,3,4,11

## Chicken Caesar Salad €15.5

grilled chicken, bacon lardons, crisp romaine lettuce, herbed croutons, parmesan shavings, caesar dressing 1w,3,7,10,12,GFA

*For each order of this Caesar Salad, €1 will be donated to our Group chosen charity.*



## Goat's Cheese, Pear & Walnut Salad €14.5

seasonal leaves, honey mustard dressing 1w,6,7,8,9,10,12,GFA

# SAMBOS ~ CEAPAIRÍ (AVAILABLE UNTIL 2PM)

## Vegan Crunch €8.9

toasted ciabatta, homemade hummus, roasted peppers, red onion, lettuce, tomatoes, crisp onion bits 1w,7,V,GFA

## Farmhouse Toastie €8.9

honey roasted ham, dubliner cheddar, roundstone sourdough bread 1w,7

## House Club Sambo €10.9

crisp streaky bacon, chicken, lettuce, fried egg, tomato, mayo 1w,3,7,10

## Grilled Chicken Ciabatta €9.9

rocket leaves, roasted peppers, mozzarella & pesto 1w,7,8a,10



Add to your Sambo

Chips €3

Soup €3

Chowder €4

# SEAFOOD ~ BIA MARA

## **Catch of the Day €18.9**

fresh galway bay fish of the day, seasonal veg, potatoes **4,7,GFA**

## **Drunken Mussels €17.5**

cooked in white wine, parsley and garlic, chips or brown bread **1w,2,7,GFA**

## **Galway Hooker Ale Battered Fish & Chips €17.9**

Galway Hooker pale ale battered fish, chips, mushy peas, tartar sauce **1b,1w,3,4,7,10**

## **Seafood Linguine Marinara €18.5**

locally caught fish and shellfish, marinara sauce **1w,2,4,14**

# MEAT & POULTRY ~ FEOIL & ÉINEOIL

## **Traditional Beef and Guinness Stew €16.9**

champ mash, seasonal vegetables **7,12,GFA**

## **Steak Sandwich €17.9**

prime irish beef, sauteed onions & mushrooms, toasted ciabatta, galway whiskey infused pepper sauce, chips **1w,6,7,9,12**

## **Chicken Supreme €18.9**

grilled asparagus, baby potatoes, steamed greens with mushroom and tarragon sauce **7,9,10,12,GFA**

## **Traditional Bangers & Mash €15.9**

grilled pork & leek sausage, champ mash, caramelised onion gravy **1w,7,12**

## **Butter Chicken Curry €16.9**

mild sweet curry, basmati rice & poppadom **7,9,10,V,GFA**



# BURGERS ~ BURGAIR

## Hickey's Butcher 8oz Steak Burger €17.9

hand crafted 8oz burger from hickey's butcher, streaky bacon, mature cheddar, pickles & burger sauce, toasted brioche, chips **1w,3,4,7,12**

## Spicy Chicken Fillet Burger €16.9

grilled chicken, crisp lettuce, tomato, chipotle mayo, brioche bun, chips **1w,3,7,10. GFA**

## Plant Foraged Burger €15.9

vegan burger, mixed leaves, toasted brioche bun, chips **1w,3,4,7,12. GFA**

# TO SHARE ~ LE ROINNT

## Nachos €12.7

homemade salsa, guacamole, sour cream, pico de gallo, diced peppers & red onions, grated cheddar cheese, corn chips **1w,7 V**

## Crispy Chicken Wings €14.9

blue cheese dip, choice of hot sauce, sweet chilli or smokey BBQ **1w,3,6,7,9,10. GFA**

## Pub Platter €20 (2 People) €30 (4 People) €40 (6 People)

bbq wings, chicken goujons, cocktail sausages, veg spring rolls onion rings & wedges, served with 2 dips **1w, 3,6,7,9,10,11**

## Bacon & Cheese Loaded Chips €7.5 **7. GFA**

## Garlic & Parmesan Chips €5.5 **7. GFA**



## SIDES ~ AR AN TAOBH

Chips €4.0

Roasted Baby Potatoes €4.0 **GFA**

Creamy Mashed Potatoes €4.0 **7,12. GFA**

Steamed Vegetables €4.0 **GFA**

Side Salad €4.0 **9,10,12. GFA**

Garlic Bread €4.0 **1w,7**

Cheesy Garlic Bread €5.0 **1w,7**

Homemade Battered Onion Rings €5.0 **1w,3**

## DESSERTS ~ MILSEOGA

**Homemade Apple & Summer Fruit Crumble €7.5**

vanilla ice cream **1w,7**

**Cheesecake of the Day €7.5** **1w,3,7**

**Chocolate Brownie €7.5**

ice cream **1w,3,7,GFA**

*Gluten Free Dessert Options Available, please ask a member of our team.*

## KIDS ~ PÁISTÍ

**Starters - Soup or Garlic Bread €3.0** **1w,3,7,9,GFA**

**Penne Pasta with Tomato Sauce €7.0** **1w,6**

**Kid's Beef Burger & Chips €8.0** **1w,3,6**

**Chicken Goujons & Chips €8.0** **1w,3,7**

**Kids Bangers & Mash €7.5** **1w,7**

**Dessert - Vanilla Ice Cream €3.0** **7,GFA**

### ALLERGENS:

1b Gluten-Barley, 1o Gluten-Oats, 1r Gluten-Rye, 1w Gluten-Wheat, 2 Crustacean, 3 Egg, 4 Fish, 5 Peanut, 6 Soybean, 7 Dairy, 8a Nuts-Almonds, 8c Nuts-Cashew, 9 Celery, 10 Mustard, 11 Sesame seeds, 12 Sulphur, 13 Lupin, 14 Molluscs.

GFA - Gluten Free Available, V - Vegetarian Option Available.

**ALL BEEF IS 100% IRISH**





# GALWAY GIRL

HAZY IPA 5.2%

GALWAY HOOKER

X

*Cathy Hughes*

GALWAY ART

Available  
on draught here



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[www.mfitzgeraldsbar.ie](http://www.mfitzgeraldsbar.ie)



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