



THE GALWAY PLATE RESTAURANT

•Open everyday from 8:00 am to 8:00 pm•

Evening Menu

Available from 5:00 pm till 8:00 pm

PHONE: 091 759 819

Tuam Road, Galway, H91 AP60

www.thegalwayplate.ie

thegalwayplaterestaurant@gmail.com

GIFT VOUCHER AVAILABLE



• STARTERS •

FRESHLY MADE SOUP OF THE DAY [1, 7]	€6.00
Served with our homemade brown bread [Contains: 1, 2, 4, 7]	
CREAMY ATLANTIC SEAFOOD CHOWDER	€13.00
CHOWDER AS MAIN	€16.00
Mixed seafood Chowder served with brown bread [CONTAINS: 1, 2, 3, 4, 5, 7, 8]	
GOLDEN FRIED GARLIC MUSHROOMS [2, 4, 7, 9]	€9.00
Breaded mushrooms filled with cream cheese & chives, served with garlic mayo	
HOMEMADE THAI STYLE FISH CAKE [1, 2, 3, 4, 5, 7, 9]	€12.00
Breaded Seafood melody served with sweet chilli sauce and side salad.	
STICKY BBQ CHICKEN WINGS [2, 4, 7, 9]	€9.00
Oven grilled chicken wings breaded with spicy flour topped with BBQ sauce, served with house salads	
GRILLED GOAT CHEESE [7, 9]	€12.00
Grilled Goat cheese drizzled with Balsamic Sauce. Served with red onions marmalade, Beetroot, and mixed leaves with house dressing.	
CHICKEN CAESAR SALAD [2, 4, 5, 7]	€12.00
Strips of warm chicken & crispy bacon served on a bed of baby cos lettuce, topped with parmesan shavings	
STARTER AS MAIN	€15.00
Served with a choice of sides	

Like most restaurants, we prepare and serve products that may contain Egg, Milk, Soy, Wheat, or other allergens. Please notify your server if you have an allergy.

**ALLERGENS: 1. CELERY, 2. CEREAL, 3 CRUSTACEANS, 4 EGGS, 5 FISH, 6. LUPIN
7. MILK, 8. MOLLUSCS, 9. MUSTARD, 10. NUTS, 11. PEANUTS, 12. SEASAME SEEDS
13. SOYBEANS, 14. SULPHUR DIOXIDE**

• MAINS •

10 oz PRIME IRISH SIRLOIN STEAK [1, 7, 14] €29.00

Grilled to your liking with sautéed onions & mushrooms
peppercorn sauce and a choice of Mash, Veg, Chips or Salad

PAN-GRILLED LAMB CUTLET [1, 7, 14] €27.00

Grilled to your liking with seasonal vegetables, creamy mash,
rosemary & onion jus

HONEY ROAST ½ DUCKLING [2, 7] €26.00

Marinated duck served on a bed of mash potatoes, mixed seasonal vegetables,
orange & ginger sauce

PAN FRIED BREAST OF CHICKEN [1, 7, 14] €19.00

Pan-fried chicken served with creamy mash, mixed vegetables
and mushroom sauce

MIXED GRILLS [2, 4, 7] 22.00

5oz sirloin steak, two bacons, sausages, fried eggs, fried mushrooms,
back and white pudding, tomato

CHICKEN STIR-FRY [1, 4, 10, 11] €19.00

Wok fried Strips of chicken cooked in sweet & spicy peanut sauce
served with plain basmati rice

BEEF STIR-FRY [1, 4, 13] €22.00

Pan fried Julian of beef cooked with blackbean sauce
served with egg noodles

All Meats and Vegetables are pure Irish & locally sourced

• SIDES •

CHIPS, POTATOES, SIDE SALAD, VEGETABLES, FRIED ONIONS

SAUTEED MUSHROOMS, GARLIC BREAD. €3.50 EACH

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• MAINS •

6oz STEAK SANDWICH [2, 4, 7, 9, 14]	€20.00
Served on Ciabatta bread with sautéed mushrooms & onions and peppercorn sauces. Served with salad & chips	
6oz STEAK BURGER [1, 2, 4, 7, 9]	€18.00
Floury bap, tomato relish, crispy bacon, lettuce, cheese, chips and side salad	
AUTHENTIC CHICKEN CURRY [1, 2]	€17.00
Served with Basmati rice & crispy poppadum	
TRADITIONAL TURKEY & HAM [1, 2, 7, 14]	€18.00
Served with creamy mash & seasonal vegetables & gravy	
PRIME IRISH ROAST BEEF [1, 7, 14]	€18.00
Served with creamy mash, seasonal vegetables & gravy	
BATTERED FISH & CHIPS [2, 3, 4, 7, 9]	€20.00
Deep fried battered Cod with tartar sauce, salad & chips	
OVEN BAKED CATCH OF THE DAY [7, 14]	€18.00
Served with creamy mash & seasonal vegetables white wine sauce	
OVEN BAKED SUPREME OF SALMON [7, 14]	€22.00
Served with creamy mash & seasonal vegetables white wine sauce	

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• PASTA DISHES •

- CREAMY SEAFOOD TAGLIATELLE [1, 2, 3, 4, 5, 7, 8, 14] €18.00**
Melody of fresh fish in a white wine, black pepper corn & garlic cream sauce topped with parmesan shavings
- SPAGHETTI BOLOGNESE (1, 2, 7] €15.00**
Served with garlic bread and parmesan toppings
- CHICKEN, MUSHROOMS & SPINACH PASTA [2, 4, 7] €15.00**
Penne pasta cooked in creamy sauce with chicken, mushrooms & spinach topped with parmesan shavings & garlic bread
- PASTA CARBONARA [2, 4, 7] €15.00**
Tagliatelle cooked in creamy sauce with bacon, topped with Parmesan shavings & garlic bread

• VEGETARIAN DISHES •

- RATATOUILLE OF PENNE PASTA (1, 2, 7] €15.00**
Roasted vegetables cooked in tomato sauce, served with garlic bread and parmesan toppings
- VEGETARIAN STIRFRY [1, 13] €16.00**
Sautéed vegetables cooked with blackbean sauce served with plain basmati rice
- MILD VEGETARIAN CURRY [1] €16.00**
Mixed vegetables cooked in mild curry sauce served with Basmati rice

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• WINE LIST •



SAUVIGNON BLANC MANCURA, CHILE

This is a dry white wine in elegant yellow colour with vibrant greenish hues. The nose offers tantalising tropical fruit aromas and white flowers. The palate is clean, and fresh, balanced and with a very refreshing finish.

Bottle €24.00 Glass €7.00

PINOT GRIGIO MURARI, ITALY

Straw colour with golden tints, the wine has a delicate, fresh aroma with light fruity notes. Taste of the wine is soft, round, dry, with notes of white fruit and pleasant acidity in a harmonious finish.

Bottle €26.00 Glass €7.50

CHARDONNAY VICTORIA PARK, SOUTH AUSTRALIA

Its pale gold with vibrant green hues. Flavours are reminiscent of citrus, honeydew and white peach with a hint of nougat and cinnamon. The palate finishes with a creamy texture and persistent mineral acidity.

Bottle €28.00 Glass €8.00

EXHIB ROSE, FRANCE

Exhib' exhibits medium acidity, fruity notes throughout with good minerality, red berries and fresh nuances with a dry finish.

CABERNET SAUVIGNON MANCURA, CHILE

Bright ruby-red with pronounced blackberry aromas mixed with touches of chocolate. The wine is soft and fruity, perfectly balanced by fine, smooth tannins.

Bottle €24.00 Glass €7.00

MALBEC ARGENTO, ARGENTINA

Deep Violet in colour and offers powerful aromas of blackstone fruit and notes of chocolate. Blackberry and blackcurrant fruit is complimented with a touch of sweet spice and leads to a long lingering finish with notes with ripe velvety tannins.

Bottle €26.00 Glass €7.50

MERLOT MORANDE PIONERO, CHILE

This Merlot displays a wonderful aroma of black fruits, fresh herbs and cinnamon spice. Medium-bodied, the palate is fresh and juicy with notes of vanilla, cloves, and chocolate that lead into a long finish with well balanced fine tannins.

Bottle €28.00 Glass €7.50

Bottle €28.00 Glass €8.00

All of our wines contain Sulphur Dioxide [SD]