



THE GALWAY PLATE RESTAURANT

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

A-La-Carte 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 [C, M] €6.00

Served with our homemade brown bread or bread roll [E, G, M]

CREAMY SEAFOOD CHOWDER [C, CR, E, F, G, M, MO] €15.00

CHOWDER AS MAIN [C, CR, E, F, G, M, MO] €20.00

A medley of seafood cooked in a creamy sauce, served with homemade brown soda bread [E, G, M]

GOLDEN FRIED GARLIC MUSHROOMS [E, G, M, MU] €10.00

Breaded mushrooms filled with cream cheese, served with garlic mayo

THAI STYLE FISH CAKE [C, E, F, G, M, MO, MU, SD] €13.00

Seafood melody infused with lemongrass, ginger, lime & Soy served with sweet chilli sauce.

STICKY BBQ CHICKEN WINGS [E, G, M, MU] €10.00

Oven grilled chicken wings breaded with spicy flour topped with BBQ sauce, served with house salads

GRILLED GOAT CHEESE SALAD [M, MU] €14.00

Grilled Goat cheese drizzled with Balsamic Sauce. Served with red onions marmalade, Beetroot, and mixed leaves with house dressing.

CHICKEN CAESAR SALAD [E, F, G, M] €13.00

Strips of warm chicken & crispy bacon served on a bed of baby cos lettuce, topped with parmesan shavings

STARTER AS MAIN €16.00

Served with a choice of Chips or Brown Bread [E, G, M]

• ALLERGEN INFORMATION •

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: C - CELERY, CR - CRUSTACEANS, E - EGGS, F - FISH
G - GLUTEN, L - LUPIN M - MILK, MO - MOLLUSCS, MU - MUSTARD, N - NUTS,
P - PEANUTS, S - SESAME SEEDS, SB - SOYBEANS, SD - SULPHUR DIOXIDE

• MAINS •

10 oz PRIME IRISH SIRLOIN STEAK [M, SD] €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 [C, M, SD] €27.00

Grilled to your liking with seasonal vegetables, creamy mash, and gravy [SB, SD]

HONEY ROAST ½ DUCKLING [E, G, M] €26.00

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

PAN FRIED BREAST OF CHICKEN [C, M, SD] €20.00

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

MIXED GRILLS [E, G, M] 25.00

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

CHICKEN STIR-FRY [C, E, N, P, SB] €20.00

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

BEEF STIR-FRY [C, E, G, M, MU, SB] €24.00

Pan fried strips of beef sirloin infused with lemongrass, ginger,
chilli & soy, cooked in **SPICY** black bean sauce, served with egg noodles

All Meats and Vegetables are 100% Irish & locally sourced

• SIDES €4.50 •

- SIDE CHIPS
- SIDE SALAD
- FRIED ONIONS
- FRIED MUSHROOMS
- SIDE RICE
- MASH POTATO
- SIDE VEGETABLE
- GARLIC BREAD

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• MAINS •

6oz STEAK SANDWICH [E, G, M, MU, SD] €20.00

Served on Ciabatta bread with sautéed mushrooms & onions and peppercorn sauces. Served with salad & chips

8oz STEAK BURGER [C, E, G, M, MU] €18.00

Floury bap, tomato relish, crispy bacon, lettuce, cheese, chips and side salad

MILD CHICKEN CURRY [C] €18.00

Served with Basmati rice & crispy poppadum [G]

TRADITIONAL TURKEY & HAM [C, G, M, SD] €18.00

Served with creamy mash & seasonal vegetables & gravy

PRIME IRISH ROAST BEEF [C, M, SD] €18.00

Served with creamy mash, seasonal vegetables & gravy

BATTERED FISH & CHIPS [E, F, G, M, MU] €20.00

Deep fried battered Cod with tartar sauce, salad & chips

OVEN BAKED CATCH OF THE DAY [F, M, SD] €18.00

Served with creamy mash & seasonal vegetables white wine sauce

OVEN BAKED SUPREME OF SALMON [F, M, SD] €22.00

Served with creamy mash & seasonal vegetables white wine sauce

All Meats and Vegetables are pure Irish & locally sourced

• SIDES €4.50 •

- SIDE CHIPS
- SIDE SALAD
- FRIED ONIONS
- FRIED MUSHROOMS
- SIDE RICE
- MASH POTATO
- SIDE VEGETABLE
- GARLIC BREAD

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• PASTA DISHES •

IRISH BEEF LASAGNE [C, E, G, M] €18.00

Homemade beef lasagne served with chips and salad

CREAMY SEAFOOD TAGLIATELLE [CR, E, F, G, M, MO, SD] €20.00

A medley of seafood cooked in a creamy sauce with black peppercorns, topped with Parmesan shavings and served with garlic bread

SPAGHETTI BOLOGNESE (C, E, G, M) €18.00

Served with garlic bread and parmesan toppings

CHICKEN, MUSHROOMS & SPINACH PASTA [E, G, M] €16.00

Penne pasta cooked in creamy sauce with chicken, mushrooms & spinach topped with parmesan shavings & garlic bread

PASTA CARBONARA [E, G, M] €16.00

Tagliatelle cooked in creamy sauce with bacon, topped with Parmesan shavings & garlic bread

• VEGETARIAN DISHES •

RATATOUILLE OF PENNE PASTA [C, E, G, M] €15.00

Roasted vegetables cooked in tomato sauce, served with garlic bread and parmesan toppings

THAI STYLE VEGETARIAN STIRFRY [C, SB] €16.00

Sautéed vegetables infused with lemongrass ginger chilli & soy served with plain basmati rice

MILD VEGETARIAN CURRY [C] €16.00

Mixed vegetables cooked in mild curry sauce served with Basmati rice

• SIDES €4.50 •

- SIDE CHIPS
- SIDE SALAD
- FRIED ONIONS
- FRIED MUSHROOMS
- SIDE RICE
- MASH POTATO
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