

DESSERTS

HOMEMADE CHEESE CAKE [E, M, W] Served with fresh cream & ice cream	€7.50
SHERRY TRIFLE [E, M, W] Served with fresh cream & ice cream	€7.50
BREAD & BUTTER PUDDING [E, M, W] Served with fresh cream & ice cream	€7.50
TRADITIONAL APPLE PIE [E, M, W] Served with warm custard, fresh cream & ice cream	€7.50
WARM CRUMBLE [M, N, W] Apple and mixed berries with warm custard, fresh cream & ice cream	€7.50
CHOCOLATE BROWNIE [E, M, N, W] Served with chocolate sauce, & fresh cream	€7.50
PROFITEROLES [E, M, W] Served with chocolate sauce & fresh cream	€7.50
SELECTION OF ICE CREAM [M] OR SORBET	€6.00

HOT BEVERAGE

TEA	€3.00
HERBAL TEA	€3.00
ESPRESSO	€3.00
AMERICANO	€3.50
CAPPUCCINO	€4.50
LATTE	€4.50
FLAT WHITE	€4.50
MOCHA	€4.50
FLAVOURED COFFEE	€4.50
HOT CHOCOLATE	€4.50

SOFT BEVERAGE

COKE	€3.50
FANTA	€3.50
SPRITE	€3.50
CIDONA	€3.00
LUCOZADE	€3.50
APPLETIZER	€3.00
JUICE	€3.00
PINT OF MILK	€3.00
GLASS OF MILK	€2.00
BOTTLE OF WATER	€3.00

ALLERGEN INFORMATION

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

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.

LUNCH MENU



OPEN EVERYDAY FROM
8:00 A.M. TILL 8.00 P.M.

GIFT VOUCHERS AVAILABLE

Telephone: 091 759 819
Tuam Road, Galway, H91 AP60
www.thegalwayplate.ie
thegalwayplaterestaurant@gmail.com

Download this menu from our
Facebook page or website at
www.thegalwayplate.ie

GET YOUR GIFT VOUCHER BY EMAIL OR POST



STARTERS

HOMEMADE SOUP OF THE DAY [C, M]	€6.00
Served with homemade Brown bread or bread roll [E, M, W]	
GOLDEN FRIED GARLIC MUSHROOMS [E, M, MU, W]	€10.00
Breaded mushrooms filled with cream cheese, served with Garlic dip	
STICKY BBQ CHICKEN WINGS [E, M, MU, W]	€10.00
WINGS AS MAIN [E, M, MU, W]	€17.00
Deep fried breaded wings with BBQ sauce and side salad	
HOMEMADE FISH CAKES [E, F, M, MU, W]	€13.00
Served with mixed leaves & sweet Chilli Sauce	
CHICKEN CAESAR SALAD [E, F, M, W]	€13.00
Warm Chicken & Bacon, topped with croutons, parmesan shavings and creamy Caesar dressing	
GRILLED GOAT CHEESE SALAD [M, MU]	€14.00
Served on mixed leaves with house dressing, red onion marmalade, beetroot & drizzled with balsamic dressing	
SEAFOOD CHOWDER [C, CR, F, M, MO, S, W]	€15.00
CHOWDER AS MAIN	€20.00
Served with homemade Brown bread or bread roll [E, M, W]	

Our side salad dressing contains Honey & Mustard [MU]

SANDWICHES

CHICKEN GOUJONS WRAP [E, M, MU, W]	€13.00
Fried chicken goujons wrapped with tomato, peppers, onions, Lettuce & sweet chilli sauce	
TUNA MELT [E, F, M, MU, W]	€13.00
Tuna, sweet corn, red onion on open-sliced ciabatta, Topped with melted cheese	
GRILLED BOMBAY CHICKEN CIABATTA [E, M, W]	€13.00
Served with melted cheese on ciabatta	
CLASSIC B. L. T. [E, M, MU, W]	€14.00
Toasted sandwich filled with crispy Bacon, Lettuce & Tomato	
TRIPPLE DECKER [E, M, W]	€14.00
Toasted sandwich with warm chicken, crispy bacon & fried egg	
TOASTED SANDWICH [E, M, MU, W]	€10.00
CHOICE: HAM, CHEESE, CHICKEN Toasted sandwich with tomato, lettuce & onion	
FRESH CUT SANDWICH [E, M, MU, W]	€8.00
CHOICE: HAM, CHEESE, CHICKEN, Plain loaf bread with tomato, lettuce & onion	
SOUP & SANDWICH COMBO	€14.00
Served with homemade soup of the day & any sandwich on its own	

Sandwiches are served with Chips & Salad, Combo served on its own

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

LUNCH MAINS

FISH & CHIPS [E, F, M, MU, W]	€20.00
Battered Cod with tartar sauce, salad & chips	
6oz STEAK SANDWICH [E, M, MU, SD, W]	€20.00
Served on Ciabatta bread with sautéed mushrooms & onions and peppercorn sauces. Served with salad & chips	
6oz BEEF BURGER [C, E, M, MU, W]	€18.00
Floury bap, crispy Bacon, cheese, tomato, relish, lettuce with salad & chips	
CHICKEN GOUJONS [E, M, MU, W]	€16.00
Chicken Goujons breaded in spicy flour, served with sweet chilli sauce, salad & chips	
ALL DAY BREAKFAST [E, M, W]	€16.00
Served with two fried eggs, 2 bacon, 2 sausages, black & white pudding tomato, hash-brown, baked beans, toast & Tea or Americano	
MIXED GRILL [E, M, W]	€25.00
5oz sirloin steak, 2 bacon, 2 sausages, 2 fried eggs, fried mushrooms, black & white pudding, tomato & Tea or Americano	
MILD CHICKEN CURRY [C]	€18.00
Served with plain basmati rice & poppadom [W]	
ROAST OF THE DAY [C, M, SD]	€18.00
Served with mashed potato, mixed vegetables & gravy	
CATCH OF THE DAY [F, M, SD]	€18.00
Served with mashed potato, mixed vegetables & white sauce	
CHICKEN GOUJONS [E, M, MU, W]	€16.00
Chicken Goujons breaded in Southern fried flour, served with Sweet chilli sauce, salad & chips	

All Meats and Vegetables are 100% Irish & locally sourced

PASTA DISHES

IRISH BEEF LASAGNE [C, E, M, W]	€18.00
Topped with cheddar cheese, served with salad & chips	
SPAGHETTI BOLOGNESE [C, M, W]	€18.00
Served with garlic bread and parmesan toppings	
PASTA CARBONARA [E, M, W]	€16.00
Tagliatelle cooked in creamy sauce with bacon, topped with Parmesan shavings & garlic bread	
CHICKEN, MUSHROOMS & SPINACH PASTA [E, M, W]	€16.00
Penne pasta cooked in creamy sauce with chicken, mushrooms & spinach topped with parmesan shavings & garlic bread	
SEAFOOD TAGLIATELLE [CR, F, M, MO, W]	€20.00
Tagliatelle cooked in creamy sauce with mixed seafood topped with parmesan & garlic bread	
VEGETERIAN PASTA [E, M, W]	€15.00
Penne Pasta cooked in tomato sauce along with mixed vegetables with parmesan & garlic bread	

SIDE CHIPS	€4.50	SIDE SALAD	€4.50
MASH POTATO	€4.00	FRIED MUSHROOMS	€4.50
SIDE VEG	€4.00	GARLIC BREAD	€4.50
RICE	€4.00	SODA BREAD	€2.50

SIDES