

MCGOWANS BAR AND RESTAURANT MENU

STARTERS

SOUP OF THE DAY	3.95
Served with brown bread. Ask your server for details	4.95
GARLIC MUSHROOMS	
Garlic & herb stuffed mushrooms fried until golden brown with garlic mayo	5.50
TOASTED GOATS CHEESE	
Served with caramelized red onions, cherry tomato and mixed salad	5.50
BREADED BRIE	
Deep fried wedge of brie served with Ballymaloe relish.	5.50
POTATO SKINS	
Topped with bacon, cheese & creme fraiche	6.50
FILLO PASTRY PRAWN	
Deep fried Filo Prawn served with sweet chilli & garlic dip	



CHICKEN WINGS (SPICY, CRISPY, DELICIOUS)

Regular 5.50 Large 10.95
 "We're famous for our chicken wings so we have a reputation to uphold. We start with fresh wings never frozen. They're cooked in 100% vegetable oil till they are crunchy and served with our own blue cheese dip and your favourite sauce."

1. Louisiana - Hot and Spicy
2. McGowans style - Slightly Milder
3. BBQ - Sticky Barbecue sauce
4. Salt & Chilli - Chilli Flakes and sea salt
5. In the Nip - no sauce



PARTY PLATTERS

Small	11.95	Medium	15.95	Large	21.95
Cocktail Sausages, Chicken Wings, Onion Rings, Chicken Goujons, Scampi, Fries & Dip					



SALADS

MCGOWANS CHOPPED SALAD	6.95
Chopped mixed leaves cherry tomatoes, cashew nuts, red onion, carrot, cucumber & fresh parmesan tossed in our sweet wine vinaigrette	
GOATS CHEESE BEETROOT SALAD	11.95
Goats cheese with beetroot, mixed baby leaf, cherry tomato's, walnuts, red onion croutons and balsamic reduction	
THAI SALADS (Beef, Chicken) (Prawn + 1.50)	11.95
Seasoned and marinated Beef or Chicken or Prawns on top of a salad of crisp lettuce, cucumber, tomatoes onions and chillies bursting with fresh Thai flavours of lime, soy and sesame ginger and garlic dressing	
TRADITIONAL CHICKEN CAESAR	11.95
Crisp Cos lettuce, grilled chicken breast, smoked bacon, croutons, our own creamy caesar dressing, topped with shaved parmesan cheese	

Add Extra Chicken or Beef to any of the above Salads 4.00

SANDWICHES

B.L.T.	7.95
CLUB SAMBO	9.95
BREAKFAST SAMBO	8.95
HOT ROAST BEEF SAMBO	10.95
CHICKEN TENDER WRAP	10.95
SPICY BEEF WRAP	10.95



All served on ciabatta bread with a choice of Fries, Wedges or Side Salad

All steaks are served with fresh crispy fried onion rings, mushrooms, chips or champ and pepper sauce or garlic butter. To ensure absolute freshness, we carry limited stock, so check with your server for availability. All our Beef is Certified Hereford.



PRIME AGED STEAKS



"McGowans Steaks are truly special. They are naturally aged on the premises. Before every juicy steak is delivered to you, they have been hand selected, cut and trimmed. They are expertly seasoned and seared and cooked to order over a red hot grill."

9oz SIRLOIN STEAK	17.95
Irish Hereford Beef, cooked to your liking with onion rings, mushrooms, fries, champ or salad	
16oz T-BONE	23.95
Hearty Super Steak, Juicy sirloin on one side of the T - Bone and Melt in your mouth fillet on the other side	

BURGERS BEEF OR CHICKEN



CLASSIC	10.95
Loaded with fried onions	
NEW YORKER	11.95
Crispy bacon, onion rings & guacamole	
MEXICANO	11.95
Chilli con carne, crème fraiche & jalapenos	
DUBLINER	11.95
Crispy bacon & fried free range egg	
BACON AND CHEESE	11.95
Bacon and mature cheddar cheese!!!	
CARIBBAN	11.95
Crispy bacon, pineapple, mature cheddar with Ballymaloe relish	
GRILLED BURGER	11.95
Sauté mushrooms, fried onions & pepper sauce.	
CATALAN	12.95
Chorizo, rocket caramelized red onion and Balsamic	
SURF 'N' TURF	15.95
Prawns, garlic butter and onions	

All burgers are served with a choice of French Fries, Spicy Wedges, Champ or a Side Salad

CHEFS CHOICE

MCGOWANS BEEF & GUINNESS PIE	11.95
Slow cooked beef with root vegetables served with champ	
FETTUCCHINE BEEF	11.95
Spicy strips of Beef mixed veg. rich tomato sauce touch of cream fresh basil & parmesan cheese	
CHICKEN CARBONARA	11.95
Chicken & bacon with creamy carbonara sauce, fresh pasta & parmesan	
CHICKEN OR BEEF CURRY	11.95
Our curry originates from the traditional madras recipe, cooked with 5 spice sauce, mixed vegetables, and served with basmati rice or chips or both	
SEAFOOD CURRY	12.95
Selection of seafood mix cooked in our special curry with 5 spice sauce, mixed vegetables, and served with basmati rice or chips or both	
LASAGNE	12.95
Homemade Lasagne served with french fries, spicy wedges or a side salad	
COD FILLET	12.95
Freshly battered cod fillet served with fries or a side salad with tartar sauce	
SEAFOOD PASTA	12.95
Fettuccine pasta with seafood mix, cream tomato sauce & fresh dill	

VEGETARIAN OPTIONS

WRAP With mixed veg salad, cheese onions & sweet chilli mayonnaise	6.95
CURRY Our curry originates from the traditional madras recipe, cooked with 5 spice sauce, mixed vegetables, and served with basmati rice or chips or both	8.50
FETTUCCHINE mixed veg. rich tomato sauce touch of cream fresh basil & parmesan cheese	8.50
PLATTER Garlic bread, breaded brie, garlic mushrooms, onion rings & chips	8.50

BAR BITES

GARLIC BREAD	4.95
BACON & CHEESE FRIES	5.95
GARLIC & CHEESE FRIES	5.95
CHILLI & CHEESE FRIES	5.95
CHICKEN GOUJONS & FRIES	5.95
COCKTAIL SAUSAGES & FRIES	5.95
SCAMPI & FRIES	9.95
NACHOS Tortilla chips topped with chilli con carne melted cheese & crème fraiche	



SIDES

PEPPER SAUCE	1.50
COLESLAW	1.50
GARLIC BUTTER	1.50
SIDE SALAD MASH	2.50
FRESH VEGETABLES	2.50
ONION RINGS	2.50
SAUTE MUSHROOMS OR ONIONS	2.50
FRENCH FRIES	2.50
SPICY WEDGES	2.50



DESSERTS

MIXED ICE CREAM Vanilla, Chocolate or Strawberry	2.95
HOMEMADE BANOFFE PIE Served with ice cream & butterscotch sauce	5.50
KNICKERBOCKER GLORY With fresh fruit, vanilla & strawberry ice cream with chantilly cream	5.50
CHOCOLATE FUDGE CAKE With ice cream and chocolate sauce	5.50
APPLE & MIXED BERRY CRUMBLE Homemade Served with vanilla ice cream	5.50
STRAWBERRY CHEESECAKE Served with fresh cream & ice cream	



TEA OR COFFEE

TEA	
COFFEE	
ESPRESSO	2.50
CAPPUCINO	2.50
AMERICANO	2.50
MOCHA	2.95
HOT CHOCOLATE	2.95
	2.95
	2.95



KIDS MENU 5.95

MAIN COURSES
Chicken Curry Served with rice or chips or half & half
Carbonara Pasta Served in a creamy bacon carbonara sauce
Napoli Pasta Fettuccine served in a rich tomato sauce
Bangers & Mash Served with gravy
Chicken Goujons & Chips
Sausage & Chips
Complimentary bowl of mixed Ice-Cream

Available for children under 12 yrs old Only



"We take great pride in serving the freshest, highest quality food possible. Everyday we start out fresh, making our soups, salad dressings, sauces from scratch. We don't cut corners, we don't settle when it comes to authentic ingredients like our Hereford Aged Steaks, our Fresh Salad Dressings or freshly toasted croutons, you won't be disappointed."

"ALL OUR BEEF AND CHICKEN IS 100% IRISH"

ENJOY THE EXPERIENCE



Please inform your server

We accept
One4all
Gift Vouchers

Contact information Tel:/Fax: 01 830 6606
Email: info@mcgowans.ie Web: www.mcgowans.ie