

# BAR MENU



BULBENS  
BAR & BISTRO

## LITE BITES

### Today's Homemade Soup (please ask your server) €6.50

Served with Homemade Guinness Bread

(Contains allergens no. 6, 7, 8, 9, 12, 13)

### Soup and Sandwich Combo €10.95

Choice of two fillings for Sandwich or Toasted Sandwich

Chicken / Salad / Bacon / Tomato / Ham / Peppers

Tuna / Sweetcorn / Cheese / Onions / Egg / Coleslaw

Extra fillings €0.50

(Contains allergens no. 3, 6, 7, 8, 11)

### Triple Decker Club Sandwich €12.95

Chicken Breast, Egg Mayonnaise, Cheddar Cheese, Gem Lettuce,

Tomato, Red Onion, Smoked Streaky Bacon, Mayonnaise on

Granary Bread with a Choice of Chips / Soup / Salad

(Contains allergens no. 6, 7, 8, 9, 11, 12, 13)

### Sweet Chilli Chicken Tortilla Wrap €10.95

Breaded Chicken Goujons, Lettuce, Cheddar Cheese, Onion,

Mayonnaise and Sweet Chilli Sauce with a Choice of Chips / Soup / Salad

(Contains allergens no. 5, 6, 7, 8, 9, 11, 12, 13)

### Vegetarian Wrap €10.95

Breaded Mushrooms, Lettuce, Cheddar, Onion, Mayonnaise and

Sweet Chilli Sauce with a Choice of Chips / Soup / Salad

(Contains allergens no. 5, 6, 7, 8, 9, 11, 12, 13)

### Open King Prawn Sandwich €14.95

Multi Cereal Bread topped with King Prawns, Marie Rose Sauce

Served with a Mixed Salad

(Contains allergens no. 3, 5, 6, 7, 8, 9, 11, 13)

### Tortilla Nachos €8.50

Spicy Tortilla Nachos topped with Chilli Mince, Spring Onion

and Tomato Smothered in Cheddar Cheese. Served with Salsa,

Guacamole and Sour Cream

Vegetarian option available. €7.95

(Contains allergens no. 6, 7)

### Spicy Potato Wedges €8.95

Topped with Chilli Mince, Spring Onion, Chopped Tomato & Aioli Sauce

(Contains allergens 7, 11)

## ALLERGEN INDEX

No.1 & 2 Shellfish, No.3 Fish, No.4 Peanuts, No.5 Nut, No.6 Cereal containing Gluten, No.7 Milk / milk products, No.8 Soya, No.9 Sulphur Dioxide, No.10 Sesame Seeds, No.11 Egg, No.12 Celery and Celeriac, No.13 Mustard, No.14 Lupin.

## STARTERS

### Today's Homemade Soup (please ask your server) €6.50

Served with Homemade Guinness Bread

(Contains allergens no. 6, 7, 8, 9, 12, 13)

### Edel's West of Ireland Creamy Seafood Chowder €7.00

Our Chef's Own Recipe Made with the Finest Atlantic Seafood

Served with Homemade Guinness Bread

(Contains allergens no. 1, 2, 3, 5, 6, 7, 11)

### Italian Style Tomato and Basil Bruschetta €7.95

Chopped Fresh Tomatoes with Garlic, Basil & Olive Oil served on a Toasted Ciabatta

(Contains allergens no. 6, 5, 4, 13)

### Succulent Chicken Goujons Salad €9.00

Served on a Bed of Mixed Baby Leaves, Cherry Tomatoes,

Roasted Red Pepper and Aioli Dressing

(Contains allergens no. 2, 6, 7)

### Spicy Chicken Wings €9.50

Marinated in Soya, Sweet Chilli, Garlic & Lemongrass, Cashel Blue Cheese Dip, Celery Sticks

(Contains allergens no. 3, 6, 7, 8, 9, 10)

### Golden Fried Garlic Mushrooms V €8.50

Served with Garlic and Chive Mayonnaise and Coleslaw Salad

(Contains allergens no. 6, 7, 11)

### Caesar Salad €8.50

Cos Lettuce, Toasted Croutons, Crispy Bacon Lardons with a Creamy

Caesar Dressing, Topped with Aged Parmesan Shavings

with Chicken €10.00

(Contains allergens no. 3, 7, 8, 9, 10, 11, 13)

## MAIN COURSES

### Bulbens Bar Certified Irish Angus 8oz Beef Burger €14.95

Irish Angus Beef, on a Toasted Brioche Bap, Topped with Lettuce, Tomato, Red Onion and Served with Homemade Onion and Sweet Chilli Relish, Chunky Chips

Add Cheese €0.50 | Add Bacon €1.50 | Vegetarian Burger €13.95

(Contain allergens no. 6, 7, 8, 9, 10, 11, 12, 13)

### Slow Roasted Leg of Duck Confit €16.95

Served on a Bed of Egg Noodles, Bean Sprouts and Mangetout

with a Sweet Chilli and Soya Sauce

(Contains allergens no. 6, 8, 11)

### Steak Sandwich €16.95

6oz Sirloin Steak served on a Soft French Roll, Topped with Sautéed Mushroom

served with Homemade Chips and Pepper Sauce

(Contains allergens no. 6, 7, 9, 12)

### Beer Battered Fish & Chips €16.50

Fish of the Day, Tartar Sauce, Garden Pea and Mint Puree, Chunky Chips

(Contain allergens no. 3, 6, 7, 8, 9, 10, 11, 12, 13)

## MAIN COURSES CONTINUED

### Half Roast Chicken €16.50

Roast Half Chicken, Peri-Peri Marinade, Garden Peas and Chunky Chips  
(Contains allergens no. 6, 7, 11)

### Pasta Tortellini €12.95

Ricotta and Spinach topped with Fresh Parmesan Shavings and Garlic Butter  
(Contains allergens no. 5, 6, 7, 8, 11)

## VEGAN OPTIONS

### Asian Stir Fry €14.95

Mixed Vegetables, Soya and Sweet Chilli Sauce served with Steamed Rice  
(Contains allergens no. 8)

### Thai Red Curry €14.95

With Coconut Cream, Kaffir and Lime Leaves served with Steamed Rice  
(Contains allergens no. 8, 12)

## SIDES €3.95

Chunky Chips | Spicy Wedges | Side Salad | Sautéed Mushrooms  
Sautéed Onions | Battered Onion Rings | Melange of Vegetables  
(Contains allergens no. 6,7)

## DESSERTS €5.95

### Cheesecake of the Day

Please ask your server  
(Contains allergens no. 5, 6, 7)

### Chocolate Box

Layers of Chocolate Mousse, Caramel, Raspberry Coulis  
(Contains allergens no. 5, 6, 7, 8, 11)

### Warm Apple Tart

Served with Vanilla Ice Cream  
(Contains allergens no. 5, 6, 7, 11)

### Toblerone and Almond Tart

Served with Fresh Cream  
(Contains allergens no. 5, 7, 11)

### Tiramisu

An Italian Dessert made with Sponge Soaked in Coffee and Liquor  
topped with Soft Cheese and Powdered Chocolate  
(Contains allergens No. 6, 7, 11)

### Selection Irish Glenowen Ice Cream

Vanilla, Strawberry, Chocolate or Mint  
(Contains allergens no. 5, 7, 11)

## DRINKS LIST

All our spirits are served in 35.5ml measures unless otherwise indicated.

### VODKA

Smirnoff.....	€4.90
Dingle One.....	€7.00

### GIN

Gordons.....	€5.00
Cork Dry Gin.....	€4.80
Bombay Sapphire.....	€6.50
Tanqueray.....	€8.00
Beefeater.....	€5.50

### ROM

Bacardi.....	€5.00
Captain Morgan spiced.....	€5.00
Old Jamaican Dark Rum.....	€4.80
Havana 3 year old.....	€5.20
Malibu.....	€5.00

### WHISKEY

#### Irish

Jameson.....	€4.80
Paddy.....	€4.80
Powers.....	€4.80
Bushmills Red.....	€4.80
Bushmills Black.....	€5.20
Powers Johns Lane.....	€9.00

Green Spot.....	€6.00
-----------------	-------

#### Scotch

Black & White.....	€4.80
Johnnie Walker Red.....	€5.00
Johnnie Walker Black.....	€6.80

#### American / Canadian

Jack Daniels.....	€5.00
Southern Comfort.....	€5.00

#### Cognac

Hennessy.....	€5.50
---------------	-------

### SOFT DRINKS €3.10

A selection of soft drinks to include:  
Coke, Sprite, Fanta Orange & Lemon

### MIXERS €2.70

Tonic, Slimline Tonic, Soda, Ginger Ale, White Lemonade, Bitter Lemon and the usual suspects.

### ENERGY DRINKS

Red Bull.....	€4.80
---------------	-------

### DRAUGHT BEERS

#### Pint

Guinness.....	€5.00
---------------	-------

Smithwicks.....	€5.00
Carlsberg.....	€5.50
Rock Shore.....	€5.50
Hop House.....	€5.50
Heino-Weiser (local I.P.A.).....	€6.50
Heineken.....	€5.50
Orchard Thieves (Cider).....	€5.50

### BOTTLED BEERS

Heineken.....	€5.20
Corona.....	€5.20
Coors Light.....	€5.20
Kopparberg.....	€5.20
Bulmers.....	€5.20
Bulmers Pt Bottle.....	€6.00
Smirnoff Ice.....	€6.00
WKD.....	€6.00
West Coast Cooler.....	€5.80
Becks Non-Alcoholic.....	€4.70

### NON ALCOHOLIC

Seed Lip Garden Gin.....	€4.50
Seed Lip Spice Gin.....	€4.50
Heineken Zero.....	€5.00
Peroni Beer Liberia.....	€5.00

**Allergen Advice:** All soft drinks on the list contain sulphites.

Drink specials available - please ask your server.

## WINE LIST

Please ask to see our full wine list for a wider choice of wines.

### BUBBLES

Masottina Prosecco Frizzante.....	€35.50
-----------------------------------	--------

100% Glera grape - pale straw in colour with greenish hints. The nose is pronounced with aromas of apples, pears, lemon and pineapple. The palate is fresh with good structure with the apple and pear flavours coming through.

### WHITE WINES

#### Chilensis, Sauvignon Blanc

Bottle...€25.00 Small Glass...€5.90 Large Glass...€7.90
---

Intriguing nose with bright fruit and a background of fresh ground spices lead to a refreshing and lively finish.

#### Valdemoro Chardonnay

Bottle...€25.00 Small Glass...€5.90 Large Glass...€7.90
---

Pale yellow in colour, juicy citrus fruits on the nose with good follow through. A lovely wine, full of flavour.

#### Gabriella, Pinot Grigio

Bottle...€26.00 Small Glass...€6.75 Large Glass...€8.60
---

Pale yellow with a hint of gentle citrus aromas precede a floral yet full palate.

### RED WINES

#### Chilensis Merlot

Bottle...€25.00 Small Glass...€5.90 Large Glass...€7.90
---

Deep purple-ruby red in colour, this intense wine features spicy aromas of pepper and plum with a light touch of flavours of red fruits with green pepper notes.

#### Valdemoro Cabernet Sauvignon

Bottle...€25.00 Small Glass...€5.90 Large Glass...€7.90
---

It has a deep ruby-red colour and aromas of ripe red fruit, blackcurrant and strawberry. Well defined tannins in the mouth.

#### Muriel Rioja Crianza, Tempranillo

Bottle...€26.00 Small Glass...€6.75 Large Glass...€8.60
---

The palate offers juicy red fruit flavours with some spice and leather, soft tannins and a lovely ripe long satisfying length.

**Allergen Advice:** All wines on the list contain sulphites.



BULBENS  
BAR & BISTRO