

# BELOW 500<sup>CAL</sup>

All of these dishes contain less than 500 calories so you can enjoy a guilt-free meal!

<b>Vegetable Noodles (340cal)</b>	<b>9</b>
Garlic, ginger, carrot, spring onion, coriander & soy sauce	
<b>ADD:</b>	
<b>Chicken</b>	<b>12</b>
<b>Beef</b>	<b>13</b>
<b>Prawn</b>	<b>13</b>
<b>Warm Quinoa Salad (430cal) (GF)</b>	<b>9</b>
Mango, avocado, kale, citrus dressing	
<b>ADD:</b>	
<b>Chicken</b>	<b>12</b>
<b>Prawn</b>	<b>13</b>

## SOUP

<b>Homemade Soup of the Day</b>	<b>5</b>
Rustic bread	
<b>Seafood Chowder</b>	<b>7</b>
Prawns, smoked haddock, salmon, mussels & brown bread	

## BITS & BOBS

<b>McGettigan's Chicken Wings (GF)</b>	
<b>Regular / Large</b>	<b>8/12</b>
Choose your flavour: BBQ / Buffalo / Chill & Lime / Jack Daniels & Coke	
<b>Chilli Beef Nachos (GF)</b>	
<b>Regular / Large</b>	<b>8/12</b>
Sour cream, guacamole, pico de gallo, aged cheddar	
<b>Pork Belly Popcorn</b>	<b>7</b>
Soy, honey & sesame seeds	
<b>Orange Glazed Baby Back Ribs (GF)</b>	<b>8</b>
Chilli honey BBQ sauce	
<b>Beef Sliders</b>	<b>8</b>
Caramelised onion, aged cheddar, truffle aioli	

All prices in (€) EUR

Additional gluten free & vegan options may be available, please ask your server for more information.

Please inform us of any allergies or dietary requirements prior to ordering or ask to view our full allergen menu.

# DINNER MENU

## GREENS

<b>Caesar Salad</b>	<b>7</b>
<b>Chicken</b>	<b>9</b>
<b>Prawn</b>	<b>10</b>
Garlic croutons, 5 min boiled egg, sun blushed tomato, crispy bacon, parmesan	
<b>Nut Crusted Goats Cheese</b>	<b>10</b>
Toasted cashew nuts, wild rocket, beets, sundried tomato, olives, truffle dressing	

## HANDHELDS

All served on a pretzel bun with funky slaw and stealth fries

<b>Add Sweet Potato Fries</b>	<b>2</b>
<b>McGettigan's Beef Burger</b>	<b>14</b>
8oz steak patty, bacon, aged cheddar, Ballymaloe relish, sweet pickles, tomato, lettuce	
<b>Portobello Mushroom</b>	<b>13</b>
Goat's cheese, Ballymaloe relish, wild rocket, garlic aioli	
<b>Billy Goat</b>	<b>14</b>
Flame grilled chicken breast, melted goat's cheese, avocado, tomato, lettuce, relish	
<b>Smokey Hog</b>	<b>14</b>
Texan rub pulled pork, crispy onions, tomato, red onion, lettuce, funky slaw, fries	

## SHARING BOARDS

Boards serve 2

<b>Pork Board</b>	<b>20</b>
Spanish chorizo, pork belly popcorn, leek & stout sausage, orange glazed ribs, parmesan & garlic bacon fries	
<b>Charcuterie Board</b>	<b>20</b>
Artisan meats, local & imported cheese, pickles, mustards, fruits, chutney, crackers.	
Please ask your server for today's cheeses	

## FLATBREADS

<b>Pepperoni &amp; Pineapple</b>	<b>15</b>
Red onion, mozzarella, chives	
<b>Buffalo Chicken</b>	<b>15</b>
Cherry tomato, ranch, mozzarella, spring onions	
<b>Irish Brie</b>	<b>14</b>
Roasted red pepper, olives, sun-dried tomato, spinach pesto	

## IN HOUSE Specialties

<b>Fish &amp; Chips</b>	<b>15</b>
Mushy peas, tartar sauce, lemon wedge	
<b>Sage &amp; Onion Stuffed Chicken Breast</b>	<b>16</b>
Wrapped in streaky bacon, honey roasted vegetables, champ potatoes, Shiraz jus	
<b>Bangers &amp; Mash</b>	<b>13</b>
Colcannon mash, onion gravy, fried leeks	
<b>Fettuccine Fresco</b>	<b>10</b>
<b>Add Chicken / Prawn</b>	<b>13/15</b>
Broccoli, sundried tomatoes, torn basil, parmesan, olives, truffle oil shallots & pine nuts	
<b>Grilled Salmon (GF)</b>	<b>17</b>
Chorizo ratatouille, tomato & basil sauce	
<b>Thai Veg Curry (V) (GF)</b>	<b>10</b>
<b>Chicken</b>	<b>13</b>
<b>Prawn</b>	<b>15</b>
Infused Thai red curry, coconut, chilli, jasmine rice	
<b>10oz Sirloin Steak</b>	<b>24</b>
Portobello mushroom, overnight confit tomato, tobacco onions, triple cooked chips	
Choose your sauce	
Garlic butter / peppercorn / Diane	
<b>Open Steak Sandwich</b>	<b>14</b>
Pommery crème fraiche, sundried tomato, baby greens & tobacco onions served on garlic sourdough bread	

## SUNDAY Roast Lunch

Tuck into a choice of three perfectly cooked roast meats, served with all of the trimmings, selected by our head chef each week.

## Something on the SIDE

<b>Sweet Potato Fries</b>	<b>4</b>
<b>Colcannon (GF)</b>	<b>4</b>
<b>Triple Cooked Chips (GF)</b>	<b>4</b>
<b>Stealth Fries</b>	<b>4</b>
<b>Green Salad (GF)</b>	<b>4</b>
<b>Garlic Flatbread</b>	<b>4</b>
<b>Honey Roasted Vegetables (GF)</b>	<b>4</b>

## DESSERT

<b>Molten Mess (GF)</b>	<b>7</b>
Chopped nuts, double chocolate, caramel, white chocolate disc, honeycomb ice cream, hot chocolate sauce	
<b>Baileys &amp; Salted Caramel Cheesecake</b>	<b>6</b>
<b>Double Chocolate Brownie</b>	<b>6</b>
Vanilla ice cream	
<b>Sweet Buttermilk Waffles</b>	<b>6</b>
Vanilla ice cream & butterscotch sauce	
<b>Selection of Gourmet Ice Creams (GF)</b>	<b>5</b>

## McGETTIGAN'S

GALWAY - IRELAND

 McGettigan's Galway

 @mcgettigansgalway

E: galway@mcgettigans.com

www.mcgettigans.com