

LUNCH AT BLAS

12PM - 5PM

LITE BITES

Killybegs Fishcakes €7.90

Dill mayonnaise, pickled cucumber, seasonal leaves 1,3,4,7

Soup of The Day €5.50

Homemade brown bread

Please ask your server for details

Atlantic Seafood Chowder €9.50

Homemade seaweed pancakes 1,3,4,7,9,14

French Goat's Cheese Tartlet €8.50

Red onion & beetroot relish, baby leaves, roasted walnut 1,3,7,8,10,12

SANDWICHES & SALADS

Healthy Salad Bowl €12.50

Baby leaves, quinoa with lemon & olive oil dressing

Choose 5 toppings of your choice:

*Hard boiled eggs / avocado / tomatoes / cucumber / chicken /
sweetcorn / chickpeas / chargrilled vegetables /
feta cheese / parmesan cheese 1,3,6,7,9,10,12*

Marinated Chicken & Bacon Caesar Salad €12.50

Baby gem, cherry tomatoes, parmesan, sourdough croutons 1,3,4,7,10

Warm Char-Grilled Vegetable Salad €11.00

*Peppers, courgettes, sundried tomatoes, baby leaves,
red onion marmalade, wholegrain mustard dressing*

Choose 1 cheese of your choice:

Breaded Brie / Feta Cheese / Warm Goats Cheese 7,10,12

Add: Chicken / Bacon + €2.00

Sandwich on Sourdough Bread €5.50

Fresh or toasted

*Tuna & Sweetcorn / Egg Mayonnaise & Spring Onion /
B.L.T / Ham & Cheese 1,3,7,10*

Blas Club Sandwich €7.50

Chicken, bacon, lettuce, tomato, mayonnaise, sourdough bread 1,3,7,10

Blat €7.50

*Bacon, lettuce, tomato, avocado, tomato chutney,
mayonnaise, foccacia bread 1,3,10,12*

Char-Grilled Vegetable Ciabatta €7.50

*Peppers, courgettes, sundried tomatoes, red onion,
marinated feta, tomato & basil ciabatta 1,7,12*

Add chicken + €2.00

Chicken Goujons and Breaded Brie, Brioche Bap €13.00

Sweet potato fries, sweet chilli mayonnaise, rocket salad 1,3,7,10

Add to your salad or sandwich:

Cup of Soup / Sweet Potato Fries / Fries + €2.50

**ALLERGEN INFORMATION: 1 Cereals, 2 Crustaceans, 3 Eggs, 4 Fish,
5 Peanuts, 6 Soybean, 7 Milk, 8 Nuts, 9 Celery, 10 Mustard,
11 Sesame, 12 Sulphur Dioxide, 13 Lupin, 14 Molluscs.**

LUNCH AT BLAS

LARGE BITES

Breaded Haddock Goujons €14.00

Pea & mint purée, tartare sauce, fries 1,3,4,7,10,12

Blas 7oz Irish Beef Burger €14.00

With tobacco onions, side salad, fries 1,3,7,9,10,12

Choose your garnish:

Bacon / smoked cheese / red cheddar / mayonnaise / BBQ sauce

BBQ Pulled Pork €12.50

*Toasted brioche bap, lettuce, tomato,
tobacco onions, mayonnaise, BBQ sauce, side salad, fries 1,3,7,12*

Homemade Chicken Goujons €12.50

Tarragon mayonnaise, side salad, fries 1,3,7,10

Open Steak Sandwich €13.00

*Irish Hereford beef, garlic butter, crispy onions,
baby leaves, ciabatta bread, fries, pepper sauce 1,7,9,12*

Fresh Pasta Dish €11.00

*White wine and cream sauce with spinach,
onions, parmesan shavings, rocket 1,3,4,7,12*
Add: char-grilled chicken / smoked chicken & bacon / smoked haddock + €2.00

Poached Smoked Haddock €12.50

*Orzo pasta, stewed red pepper and chorizo sauce,
seasonal vegetables 1,3,4,12*

Blas Beef Lasagne €12.50

Homemade coleslaw, garlic bread 1,3,7,9,12

SIDE ORDERS €3.00

**Fries / Sweet Potato Fries / Mashed Potato / Coleslaw /
Mixed Vegetables / Tossed Salad / Tobacco Onions /
Garlic Bread (with cheese + €0.50)**

SAUCES €0.80

BBQ / Garlic Mayonnaise / Red Wine Gravy / Pepper Sauce

ALL DISHES ARE COOKED TO ORDER USING LOCAL PRODUCE.
ALL OUR BEEF IS IRISH.

PLEASE ASK YOUR SERVER ABOUT OUR SELECTION OF DESSERTS