



## Lite Bites

Killybegs Fishcake (1,3,4,7) .....€6.95  
With Dill & Lemon Zest Mayonnaise, Pickled Fennel & Baby Leaves

Soup Of The Day (1,7,9) .....€4.95  
Served With Homemade Brown Bread - Please Ask Your Server

Atlantic Seafood Chowder.....€8.95  
Served With Homemade Seaweed Pancakes (1,3,4,7,9,14)

## Salads & Sandwiches

Healthy Salad Bowl.....€10.95  
Baby Leaves, Quinoa, Avocado, Cucumber,  
Chickpeas, Char Grilled Vegetables, Lemon Vinaigrette  
Add 1 Of The following; Feta / Warm Goats Cheese  
/ Tofu (7,10,12) (v)

Add Chicken.....€2.00

Marinated Chicken & Bacon.....€10.95  
Caesar Salad (1,3,4,7,10)  
With Baby Gem, Cherry Tomatoes, Parmesan & Sourdough Croutons

Open Steak Sandwich.....€14.50  
Irish Striploin beef, Garlic Butter, Crispy Onions, Baby Leaves,  
Ciabatta Bread, Fries, Pepper Sauce (1,7,9,12)

Blas Club Sandwich\* .....€9.50  
Grilled Chicken, Bacon, Lettuce, Tomato, Mayo On  
Sourdough (1,3,7,10)

\* all Sandwiches Served With Salad Garnish,  
Chips Or Soup



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## Sandwiches

Blat\* .....€9.50  
Bacon, Lettuce, Tomato, Avocado, Tomato Chutney & Mayo On Focaccia Bread (1,12,10,3)

Blas BLT\* .....€8.50  
Chargrilled Bacon, Lettuce, Tomato, Mayo On Sourdough (1,3,7,10)

Cheesy Ham Toastie\* .....€8.50  
Donegal Slow Cooked Ham Hock, Smoked Cheddar Cheese With Tomato Relish, On Sourdough (1,3,7,10)

\* all Sandwiches Served With Salad Garnish, Chips Or Soup

## Burgers

Chicken Gougons & Breaded Brie.....€12.50  
Rocket Leaves, Chipotle Mayo, Sweet Potato Fries (1,3,7,10)

Blas 7oz Irish Beef Burger.....€12.50  
Tobacco Onions, Lettuce, Tomatoes (1,3,7,9,10,12)  
Choose Your Toppings - Crispy Bacon/  
Smoked Cheddar/ Red Cheddar/ Mayo/ Bbq

Bbq Pulled Pork.....€12.50  
Lettuce, Tomato, Tobacco Onion, Mayo, Bbq Sauce (1,3,7,12)

All Burgers Are Served On A Brioche Bun.  
Salad Garnish And Fries Or Sweet Potato Fries (€1.00ext)

All Our Beef Is 100% Irish.

## Large Bites

Breaded Haddock.....€13.50  
Served With Fries, Pea & Mint Puree & Tartare Sauce (1,3,4,7,10,12)

Homemade Chicken Goujons.....€12.50  
Served With Fries, Side Salad & Tarragon Mayo, (1,3,7,10)

Falafel Shakshuka.....€11.50  
Chunky Chickpea And Tomato Sauce, Spinach & Roasted Butternut Squash (9) (v) (gf)

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