

Lunch at Blas

12pm - 5pm

Small Bites

Killybegs Fish Cakes €15.95

Served with dill & lemon zest mayo, pickled vegetables and Blas side salad (1,3,4,6,10,12)

Calamari and Haddock Tacos €16.95

Served on charred tortillas, red cabbage slaw, crushed avocados, Sriracha sauce and coriander cress and Blas side salad (1,3,4,6,10,12)

Warm Goat's Cheese Tartlet €15.95

Served in a flaky pastry, tomato relish, Mediterranean roasted vegetables, drizzled with honey, Blas side salad served with a side of home-made wheaten bread (1,3,6,7,10,12)

Home-made Soup of the Day €7.95

Served with home-made wheaten bread (1,3,6,7,9)

Salads and Sandwiches

"Healthy Bowl" €17.95

Quinoa-bulgur with mint and lemon dressing, roasted butternut squash, 3 beans salad with lime & coriander, pickled red onion, in-house dried tomatoes, Mediterranean roasted vegetables, beetroot hummus, mixed leaves (1,3,6,7,10,11,12)

Choose one from each line

• Grilled chicken

• Moroccan falafel 

* Warm goat's cheese

* Feta

*Italian Chicken Focaccia Sandwich €17.95

Chargrilled chicken, mozzarella, pickled cucumber shavings, fresh rocket, Blas tomato relish and a basil and rocket mayo (1,3,6,7,10,12)

*Mediterranean Focaccia €17.95

Goat's cheese, roasted Mediterranean vegetables and Blas tomato relish (1,6,7,12)

*Blas Burrito €17.95

Chilli con carne, madras rice, red cabbage slaw, lettuce, smashed avocado and Blas chipotle spiced mayo (1,3,6,10,12)

*Blas Blat €17.95

Warm focaccia with chargrilled bacon, sliced avocado, lettuce, tomato and tomato relish (1,6,10,12)

*** All sandwiches are served with Blas side salad garnish and a choice of soup or regular fries**

Swap regular fries for sweet potato or garlic and parmesan fries for €2.50

Blas Side Salad

Mixed leaves, 3 bean salad, quinoa/bulgar with pickled red onions and red cabbage slaw (1,10,12)

All beef 100% Irish.

100% of tips go to our team. No split bills please.



Gluten free
available on request

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.



Vegan
available on request

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Large Bites

Classic "Blas" 5oz Burger €19.95

Crispy bacon, lettuce, tomato, tobacco onions (1,3,6,7,9,10,12)

Choose your toppings: Smoked cheese or Cheddar cheese

Mayo, BBQ, red sauce, Blas burger sauce, Blas tomato relish

Blas Pulled Pork Brioche Burger €19.95

Filled with in-house slow cooked smokey Cajun pulled pork shoulder, smoked apple-wood Cheddar, lettuce, tomato, tobacco onions, garlic mayo and BBQ sauce (1,3,6,7,10,12)

Breaded Chicken Goujon Burger €19.95

Brushed with Korean Gochujang glaze, red cabbage slaw, rocket, fresh tomato and garlic mayo (1,3,6,7,10,11,12)

* Burgers served on toasted brioche buns with a Blas side salad and fries

Swap regular fries for sweet potato or garlic and parmesan fries for €2.50

Home-made Chicken Goujons €18.95

served with regular fries, garlic mayo dip and Blas side salad (1,3,6,10,12)

Open Steak Sandwich €22.95

Irish striploin beef on garlic crispy baguette, sautéed mushrooms, topped with crispy tobacco onions, fries and green peppercorn and brandy sauce served with tossed salad (1,6,7,9,10,12)

Today's Specials

Please ask server

Sauces

€1.50

Green peppercorn
and brandy sauce

Red wine gravy

Garlic mayo

Chipotle mayo

Sweet chilli sauce

Blas tomato relish

Blas burger sauce

Sides

€4.50

Seasonal vegetables

Creamed potatoes

Sweet potato fries

Fries

Garlic and parmesan fries

Blas side salad

Tobacco onions

Garlic bread

Garlic bread with cheese

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Cookie Dough Skillet €10.00

Kinder Bueno or salted caramel flavour (1,3,6,7)

Allow 15 minutes

Raspberry & Almond Tart €8.50

Served with cream or raspberry sorbet (6,8)

Cheesecake of the Day €8.50

Ask server for today's flavour

Blas Caramelized Apple and Vanilla Sponge €8.50

served with custard and fresh cream (1,3,6,7)

Blueberry Muffin €4.50

Served with cream or ice cream (3,7)

Freshly Baked Scones €5.50

Choice of Plain or Blueberry (1,3,7)

served with butter, jam and fresh cream

Tray Bakes €4.00

Ask server



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