

Lunch at Blas

12pm - 5pm

Small Bites

Killybegs Fish Cakes €13.95

Served with dill & lemon zest dip, pickled carrot-cucumber and Blas side salad (1,3,4,6,10,12)

Home-made Soup of the Day €6.50

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

Warm Goats Cheese Tartlet €12.95

Served in a flaky pastry, red onion marmalade, poached pears, sprinkled with crushed hazelnuts, Blas side salad and a beetroot ketchup served with a side of home-made wheaten bread (1,3,7,8,10,12)

Calamari and Haddock Tacos €12.95

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

Glazed Silverhill Duck Drumettes €13.95

Hoisin-chilli & sesame glaze, fresh orange segments, sweet potato fries and Blas side-salad (6,11,12)

Blas Stuffed Fries €8.50

Slow-cooked in-house pulled pork, melted cheddar, Hoisin-chilli & sesame glaze, garlic mayo (3,6,7,10,11,12)

Salads and Sandwiches

"Healthy Salad Bowl" €14.50

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

Choose one of the following

- Grilled chicken
- Vegan Patties

Choose one of the following

- * Breaded Brie
- * Warm Goats Cheese

Caesar Salad Rossa €14.50

Baby gem and rocket, sun-dried tomatoes, in-house slow cooked ham hock and chicken, croutons, parmesan shavings topped with our home-made Rossa Caesar dressing. Side of home-made wheaten bread (1,3,4,7,9,12)

*Ham and Cheese Toastie €12.50

Donegal slow cooked ham hock, smoked cheddar, Blas tomato-chilli relish on sourdough bread (1,3,7,9,10,12)

* Toasted Italian Focaccia €13.50

Char grilled chicken, green basil pesto, sun-dried tomatoes, rocket and parmesan (1,3,7,8,10,12)



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

*** Vegetarian Focaccia €13.50**

Chargrilled aubergine-courgette-red pepper, red onion marmalade, rocket, goats cheese, home-made tomato relish (1,3,7,8,10,12)

*** 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 €2.00

Blas Side Salad

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

Large Bites

CLASSIC "Blas" 5oz BURGER €15.50

Lettuce, tomato, tobacco onions (1,3,7,9,10,12)

Choose your toppings:

- Crispy bacon
- Smoked cheese or cheddar cheese
- Mayo, BBQ, red sauce, Blas burger sauce, Blas tomato relish

Home-made Chicken Goujons €14.50

Served with regular fries, smoked garlic and sweet chilli mayo dip and Blas side salad (1,3,6,10,12)

Chicken Goujons & Breaded Brie Burger €15.50

Chipotle mayo and rocket (1,3,6,7,10)

* 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 €2.00

Vegan Burger in Granary Bap €14.95

Home-made veggie pattie, pickled vegetables, red cabbage slaw, gem leaves, fresh tomato slices served with Blas side salad and roasted baby potato (1,10,12)

Fresh Pasta Dish €14.50 

Smoked chicken and broccoli, in a garlic and onion white wine creamy sauce topped with rocket (1,3,7,12)

Fish Of The Day €18.95 

*please ask server

Stuffed Chicken Supreme €16.95

Chorizo stuffing, diced Mediterranean vegetables in oregano tomato passata, baby potatoes, roasted carrots and broccoli (1)

Open Steak Sandwich €17.50

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



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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

€3.95

Seasonal vegetables | creamed potatoes | sweet potato fries | Stealth fries |
garlic and parmesan fries | Blas side salad | tobacco onions |
garlic bread | garlic bread with cheese.

All beef 100% Irish



Cookie Dough Skillet €8.95

Please ask server for flavour (1,3,5,6,7,8)

Allow 15 minutes

Summer Crunchy Eton Mess €6.95

Filled with lemon curd, whipped cream,
fresh berries and coulis (3,7)

Mango and Passion Fruit Meringue Tartlet €6.95

Served with a raspberry sorbet (1,3,7)

Almond & Raspberry Tart €6.95

Served with cream or raspberry sorbet (6,8)

Home-made Cheesecake of the Day € 6.95

Check for allergens depending on today's flavour (1,3,7)

Blueberry Muffin €3.95

Served with cream or ice cream (3,7)

Apple Sponge Tray bake €6.95

Topped with toffee sauce, caramelised pecan nuts,
served with custard and fresh cream (1,3,7,8)

Freshly Baked Scones €3.95

Choice of Plain or Fruit Scones (1,3,7)

(please ask server for fruit option) served with butter, jam, and fresh cream



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Smoothies

Smoothies €5.50

Strawberry Split

Banana, strawberries and apple juice

Pash and Shoot

Mango, pineapple,
passion fruit with apple juice

Berry Go Round

Strawberries, blackberries and
raspberries with apple juice

Hulk

Broccoli, spinach, pineapple,
mango and banana with apple juice

Soft Drinks

330ml

Coke / Diet Coke / Coke Zero €3.20

Sprite €3.20

Fanta orange €3.20

Appletiser – sparkling apple juice €3.20

Lucozade €3.50

Small sparkling water /still water €3.20

Large sparkling water and still water €4.90

Soda / tonic / slimline tonic / ginger ale €2.30

Apple juice €2.50/€3.00

Orange juice €2.50/€3.00

Tea & Coffee

Americano..... €3.00

Short Americano..... €3.00

Espresso €2.50

Double Espresso €3.00

Flat White/Latte/Cappucino (7)..... €3.30

Chai Latte (7) €3.55

Matcha Latte (7) €3.80

Extra Espresso shot90c

Hot Chocolate (7) €3.80
With marshmallow and cream

White Hot Chocolate (7) €3.80
With marshmallows and cream

SYRUPS (8)60c
Vanilla/Caramel/Hazelnut

Tea €2.50

Herbal Tea €3.00
Peppermint/ Green Tea/ Camomile/ Berry/ Earl Grey

MILK OPTIONS

Full fat/low fat milk

Almond/Soya/Coconut/Oat Milk50c



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