



PALMERS

– BAR & KITCHEN –

STARTERS

SOUP OF THE DAY - €10.50

FRESHLY PREPARED DAILY USING THE FINEST SEASONAL INGREDIENTS. SERVED WITH HOMEMADE BROWN BREAD
(1A, 3, 7, 9, 12, V)

PAN-SEARED SCALLOPS - €19.00

CAULIFLOWER PURÉE, SHAVED CAULIFLOWER, BLACK PUDDING CRUMB, GARDEN CRESS
(1A, 7, 9, 12, 14)

GLAZED PORK BELLY - €16.50

SLOW-COOKED PORK BELLY FINISHED WITH A GLAZE, ACCOMPANIED BY TEMPURA TENDERSTEM BROCCOLI, FERMENTED KIMCHI, AND A DRIZZLE OF GINGER-SCALLION OIL
(1A, 2, 4, 6, 10, 11, 12)

SEAFOOD CHOWDER - €17.00

TRADITIONAL ATLANTIC SEAFOOD CHOWDER, SERVED WITH HOMEMADE BROWN BREAD
(1A, 2, 3, 4, 7, 9, 12, 14)

SALADS

CAESAR SALAD - €17.00

BABY GEM TOSSED WITH CAESAR DRESSING, PARMESAN SHAVINGS, TOMATO CROUTONS, GRILLED CHICKEN, AND CRISPY SMOKED BACON
(1A, 3, 4, 7, 10, 12)

MOZZARELLA & HERITAGE TOMATO SALAD - €17.00

BUFFALO MOZZARELLA, SHAVED ASPARAGUS, HERITAGE TOMATOES, TOMATO TARTARE, BLACK OLIVE CRUMB & EXTRA VIRGIN OLIVE OIL
(7)

OPTIONAL ADD-ON: MARINATED CHICKEN €5 OR TIGER PRAWNS (6) €6

GOAT CHEESE & BEET SALAD - €16.50

MIXED LEAVES WITH RED BEET SLICES, TANGY BLOOD ORANGE PURÉE, CHARRED CUCUMBER, CRUSHED HAZELNUTS AND CREAMY GOAT CHEESE

MAIN COURSE

PAN-SEARED SALMON FILLET - €31.00

TRADITIONAL SPANISH SAFFRON RICE, MIXED SEAFOOD, PEPPERS, TOMATO, PEAS & PARSLEY
(4, 7, 12, 14)

CHARGRILLED RIBEYE STEAK - €48.00

IRISH RIBEYE STEAK, SPINACH PURÉE, ROSCOFF ONION, CRUSHED BABY POTATOES & PEPPER SAUCE
(1A, 7, 9, 12)

FISH & CHIPS - €25.00

GOLDEN BATTERED FISH SERVED WITH LEMON DRESSING, BUTTERED PEAS, TARTAR SAUCE SERVED WITH CRISPY CHIPS
(1A, 3, 4, 10, 12)

PALMERS BEEF BURGER - €25.00

TWO 4OZ IRISH BEEF PATTIES, AMERICAN CHEESE, SHREDDED LETTUCE, PICKLES, TOASTED BRIOCHE & HOUSE SMASH SAUCE, SERVED WITH FRIES
(1A, 3, 7, 10, 12)

SAFFRON VEGETABLE RISOTTO - €26.00

SAFFRON RISOTTO WITH ROASTED PEPPERS, COURGETTE, CHERRY TOMATOES, PEAS, SPINACH, PARSLEY, LEMON & EXTRA VIRGIN OLIVE OIL
(12, V)

ROAST SUPREME OF CHICKEN - €29.00

PAN-ROASTED CHICKEN SUPREME, CREAMY CHIVE MASH, GOAT'S CHEESE CROQUETTE, BASIL VELOUTÉ & GREEN BEANS
(7, 9, 12)

BRAISED BEEF SHORT RIB - €32.00

SLOW-BRAISED IRISH BEEF SHORT RIB, DUCHESSE POTATOES, GLAZED CARROTS & RED WINE JUS
(1A, 7, 9, 12)

PUMPKIN RAVIOLI - €27.00

RAVIOLI WITH PUMPKIN FILLING, SAGE VELOUTÉ, AND CRUSHED AMARETTI.
(1A, 3, 7, 8, 12)

SIDES

HAND-CUT FRIES - (7) - €7.00

ROASTED ROOT VEGETABLES WITH HONEY & THYME - (7) - €7.50

BRUSSELS SPROUTS WITH SMOKED BACON & GARLIC BUTTER (7) - €7.00

PALMERS HOUSE SALAD (10, 12) - €9.00

GRILLED COURGETTES – TOMATO TARTARE & EXTRA VIRGIN OLIVE OIL (12) - €7.00

GLENLO ABBEY HOTEL & ESTATE IS PLEASED TO WORK WITH THE FOLLOWING LOCAL FOOD SUPPLIERS -
MARY'S FISH SHOP, CORRIB FREE RANGE EGGS, BURKE'S FRUIT & VEGETABLES, SYSCO, MOYCULLEN SEAFOODS,
DOLE, ANDARL FARM, ARAN ISLAND GOAT'S CHEESE, LA ROUSSE FOODS

ALLERGENS

1 CEREALS CONTAINING GLUTEN - 1A WHEAT - 1B RYE - 1C BARLEY - 1D OATS - 2 CRUSTACEANS - 3 EGGS - 4 FISH - 5 PEANUTS - 6 SOYA - 7 MILK - 8 NUTS - 8A ALMOND - 8B HAZELNUT - 8C WALNUT - 8D CASHEWS
8E PECAN NUTS - 8F BRAZIL NUTS - 8G PISTACHIO - 8H MACADAMIA - 8I PINENUTS - 9 CELERY - 10 MUSTARD - 11 SESAME SEEDS - 12 SULPHUR DIOXIDE & SULPHITES - 13 LUPIN - 14 MOLLUSKS - V VEGAN