



PALMERS
- BAR & KITCHEN -

DINNER TABLE D'HOTE MENU

3-COURSES- €65

STARTERS

SOUP OF THE DAY

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

SEAFOOD CHOWDER

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

PAN-SEARED SCALLOPS

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

GOAT CHEESE & BEET SALAD

MIXED LEAVES WITH RED BEET SLICES, TANGY BLOOD ORANGE PURÉE, CHARRED CUCUMBER, CRUSHED HAZELNUTS, AND CREAMY GOAT CHEESE
OPTIONAL ADD-ON: MARINATED CHICKEN €5 OR TIGER PRAWNS (2) €6
(7, 8B, 10)

MAIN COURSE

PAN-SEARED SALMON FILLET

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

SAFFRON VEGETABLE RISOTTO

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

CHARGRILLED RIBEYE STEAK

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

BRAISED BEEF SHORT RIB

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

DESSERTS

STICKY TOFFEE PUDDING

DATE & BUTTERSCOTCH PUDDING, VANILLA ICE CREAM
(1A, 3, 7)

WARM APPLE CRUMBLE

CARAMELISED APPLE, CREAMY CUSTARD, SWEET SPICED CRUMBLE, VANILLA ICE CREAM
(1A, 3, 7, 8, 12)

MANGO CHEESECAKE

CREAMY MANGO FILLING ON A SPONGE BASE, TOPPED WITH PINEAPPLE CRUMBS & CHANTILLY CREAM
(1A, 3, 7, 12)

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

I 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