

## STARTERS

## OYSTERS KILPATRICK

*Freshly shucked rock oysters topped with crispy bacon and Worchester sauce, served on a bed of rock salt with lemon wedges*

½ doz \$14.50

1 doz \$25.90

## NATURAL OYSTERS

*Freshly shucked rock oysters nestled on a bed of rock salt with lemon wedges*

½ doz \$12.90

1 doz \$22.90

## SOUP OF THE DAY

*Served with homemade Irish soda bread*

\$8.00

## FRESHLY BAKED IRISH SODA BREAD OR GARLIC BREAD

\$5.00

## GALWAY'S GOUJONS

*Chicken breast pieces lightly crumbed and served with our house side salad and a sweet chilli dipping sauce*

\$9.90

## LIGHTLY CRUMBED CALAMARI SALAD

*Crumbed calamari pieces, crispy potatoes, chorizo sausage, topped with tossed leaves and a drizzle of lemon aioli*

\$10.90

## SHANNON'S SALMON AND OAT CAKES

*Fresh flakes of Atlantic salmon, potato and seasoned onion rolled in oats, pan-fried and served with parsley sauce and a garnish of leaves*

\$11.90

## SHRIMP COCKTAIL

*Cooked shrimp served on a bed of crisp leaves, and smothered in our homemade Marie-Rose sauce with tomato and lemon wedges*

\$6.95

## BULMER'S MUSSELS

*Fresh local mussels poached in bacon, apple cider and herb sauce with a hint of cream. Served with homemade Irish soda bread*

\$11.90

## MUNSTER'S MUSHROOMS

*Mushrooms stuffed with a feta, semidried tomato and garlic filling, in a light tempura batter and served on a bed of mixed leaves and aioli sauce*

\$10.90

## THE FOUR PROVINCES SAMPLER DISH

*Try a little bit of everything, including Irish Black Pudding, Oysters Kilpatrick, Crumbed Calamari, Galway's Goujons and Munster's Mushrooms*

Per person \$14.90

Minimum of Two People

## THE MART

- EIRE'S EYE FILLET** \$29.90  
*Eye fillet cooked to your liking and served with sweet potato rosti, crispy bacon and creamed cabbage, and finished with a drizzle of port and pepper sauce*
- SLIGO'S STUFFED STEAK** \$27.90  
*400g of certified Angus Porterhouse with a bacon, mushroom and herb stuffing, then cooked to your liking and served with chunky chips, grilled tomato, crispy onion rings and a sauce of your choice*
- THE QUIET MAN SIZZLER** \$27.90  
*300g of Rib-eye fillet cooked to your liking. Served on a sizzling platter of sautéed onions and mushrooms, a choice of sauce and either garlic potatoes, creamy mash or chips*
- PORT LAOISE PORTERHOUSE STEAK** \$25.90  
*400g of certified Angus Porterhouse cooked to your preference, served with chunky chips, chef's salad and a sauce of your choice*
- AN STEAK BEAG** \$18.90  
*200g of certified Angus Porterhouse steak cooked to your preference, served with chunky chips, chef's salad and sauce of your choice*
- QUIET MAN SIGNATURE SALAD** \$18.90  
*200g of certified Angus Porterhouse, marinated and cooked to your liking, then cut into strips and served with mixed leaves, infused with carrot, capsicum, red onion, cucumber, tomato and crispy garlic potatoes*
- Ros Comáin's RACK** \$27.90  
*Marinated 4- point rack of lamb cooked to your liking and served on a bed of scalloped sweet- potato, wilted spinach and finished with a chunky balsamic salsa*
- LUIMNEACH LAMB BACKSTRAP SALAD** \$25.90  
*Marinated lamb back strap cooked to your liking and served with rocket and mixed leaves in a light balsamic dressing, infused with mint, pumpkin, carrot, onion, capsicum and tomato, then finished with a drizzle of lemon aioli*
- BUNCRANNA'S BANGERS N' MASH** \$17.90  
*Finest Irish pork sausages nestled on a bed of creamy mash potato, topped with a rasher of bacon and a rich tomato and onion gravy*
- BAGUN AGUS CAIBAISTE** \$18.90  
*Bacon and cabbage cooked the traditional way, served with mash potato and topped with parsley sauce*

## OUT OF THE COOP

THE COUNTY'S PARMA	\$18.90
<i>Crumbed chicken breast topped with Virginia ham, tomato salsa and melted mozzarella cheese, served with chunky chips and house salad</i>	
CROSSMAGLEN CHICKEN	\$21.50
<i>Plump chicken breast with a bacon, mushroom and herb filling, lightly crumbed and served with seasonal vegetables, oven roasted potatoes and a rich red wine jus</i>	
JAMESON'S CHICKEN	\$21.50
<i>Oven roasted chicken breast, marinated in fresh herbs, Irish whiskey and mustard. Served with herb mash, vegetable puree and a red wine jus</i>	
GALWAY'S GOUJONS	\$18.90
<i>Chicken breast pieces lightly crumbed and served with chunky chips, house salad and a sweet chilli dipping sauce</i>	
CAPPOQUIN CHICKEN	\$20.50
<i>Plump oven roasted chicken breast with a feta cheese, spinach and tomato filling, served with fondant potatoes, shredded vegetables and finished with a tomato and garlic sauce</i>	

## THE STEWING POTS

TRADITIONAL IRISH STEW	\$18.90
<i>Tenderly stewed pieces of lamb infused with potatoes, celery, leek, onion and carrot to produce, in time, one of Ireland's finest culinary dishes. The stew is then served in The Quiet Man's signature edible loaf</i>	
BALBRIGGAN'S BROWN BEEF STEW	\$18.90
<i>Tender pieces of beef, potatoes and seasonal vegetables stewed in a stout stock, and then served in The Quiet Man's signature edible loaf</i>	
DUBLIN'S BREWERY BEEF AND GUINNESS PIE	\$18.90
<i>Tender pieces of beef, carrots, potatoes and other vegetables in one of Ireland's oldest recipes where flavours are combined and cooked in Guinness stock, topped with creamy mash and a puff pastry lid. Served with chunky chips and house salad</i>	

## OUT OF THE NETS

DUBLIN BAY FISH `N` CHIPS \$19.90

*Fresh fish fillets in a crisp batter with homemade chunky chips, lemon wedges, sauce tartare and house salad*

CONNEMARA SEAFOOD SKYSCRAPER

*A variety of fresh and chilled seafood stacked three tiers high, including rock oysters, mussels, tiger prawns, shrimp, crumbed calamari and chips. Served with a trio of dipping sauces and lemon wedges*

Per person \$30.00  
Minimum of Two People

BLACKWATER'S SALMON \$24.90

*Pave of fresh Atlantic salmon, oven roasted and served with creamy champ mash, shredded vegetables and a tiger prawn and white wine cream sauce*

CHEF'S CATCH OF THE DAY MARKET PRICE

*See our Specials Board for today's special*

LIGHTLY CRUMBED CALAMARI SALAD \$18.90

*Crumbed calamari pieces, crispy potatoes, chorizo sausage, topped with tossed leaves and a drizzle of lemon aioli*

## OUT OF THE SOIL

BALLIMENA'S BAKE \$17.90

*Scalloped potato, broccoli, leek and spinach in a creamy parmesan and white wine sauce, baked until golden brown and served with our chef's side salad*

PADRAIG'S POTATO CAKES \$17.90

*Potato and vegetable cake pan fried and served on a bed of wilted spinach with a chunky vegetable relish and crispy rocket salad*

MUNSTER'S MUSHROOMS \$17.90

*Mushrooms stuffed with a feta, semidried tomato and garlic filling, in a light tempura batter and served on a bed of mixed leaves with aioli*

SALADS

SIDE DISHES

INDULGENCES

## SIDE DISHES

CREAMY MASH POTATO	\$5.00
GARDEN VEGETABLES	\$5.00
MIXED SALAD	\$5.00
CHAMP POTATO <i>Creamy mash infused with buttered scallions</i>	\$5.00
MUNSTER CHAMP <i>Diced bacon and scallions mixed into creamy mash potato</i>	\$6.00
COLCANNON MASH <i>Creamy mash and sautéed curly cabbage</i>	\$5.50
SPINACH MASH	\$5.50
CHUNKY CHIPS	\$6.00
WICKLOW WEDGES <i>Served with sour cream and sweet chilli sauce</i>	\$8.00
CARLINGFORD CURRY CHIPS <i>Chunky chips with a side of Irish curry sauce</i>	\$8.00
CRISPY GARLIC POTATOES	\$6.00
ONION RINGS <i>Rings of onion in a light and crispy batter</i>	\$6.00

## INDULGENCES

*Please ask our friendly staff about our selection of  
Homemade Desserts, Irish Teas and Coffees*