

Lunch at Blas

12pm - 5pm

Small Bites

Killybegs Fish Cakes €14.50

Served with dill & lemon zest mayo, pickled vegetables and Blas side salad (1,3,4,7)

Warm Goat's Cheese Tartlet €14.50

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

Calamari and Haddock Tacos €14.50

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

Chorizo-Feta and Tomato Bruschetta €10.95

On freshly baked garlic ciabatta, Romesco dressing, topped with Blas side salad and toasted sunflower seeds (1,7,8,12)

Home-made Soup of the Day €6.95

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

Salads and Sandwiches

"Healthy Bowl" €14.95

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

Choose one of the following

- Grilled chicken
- Vegan Patties

Choose one of the following

- * Breaded Brie
- * Warm Goat's Cheese

Caesar Salad Rossa €14.95

Baby gem and rocket, sundried tomatoes, in-house slow cooked ham hock and chicken, croutons, topped with parmesan and our home-made Rossa Caesar dressing (1,3,4,7,10,12)

Breaded Brie Salad € 14.95

Mixed Blas salad & gem lettuce with balsamic and honey dressing, cherry tomatoes, pickled vegetables, poached pears, topped with roasted walnuts (1,7,8,10)

Ham & Cheese Toastie €13.95

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

Blas "Pork Bao Buns" €14.95

Filled with in-house slow cooked pork shoulder with Hoisin and sesame glaze, crunchy Asian slaw, toasted sesame seeds and Sriracha; with Blas salad and sweet potato fries (1,6,11)



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.



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*Vegetarian Focaccia €13.95

Chargrilled aubergine-courgette-red-pepper, red onion marmalade, rocket, goat's cheese, home-made tomato relish, in freshly baked sun-dried tomato and olive focaccia bread (1,7,12)

*Blas Burrito €13.95

Grilled chicken fillet, Madras rice, red cabbage slaw, lettuce, avocado and Blas chipotle spiced mayo (1,3,6,10,11,12)

*** 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 (10,12)

Large Bites

CLASSIC "Blas" 5oz BURGER €18.95

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

Breaded Chicken Fillet Burger €17.95

Brushed with Korean Gochujang glaze, red cabbage slaw, rocket, fresh tomato and garlic mayo (1,3,6,7,8,10,12)

* 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 €14.95

Served with regular fries, smoked garlic and sweet chilli mayo dip and Blas side salad (1,3,7,12)

Fresh Pasta Dish €15.95

Ask for the option of the day (1,3...)

Fish Of The Day (Market price)

* Please ask your server

Meat Dish of the Day €19.95

* Please ask your server

Open Steak Sandwich €18.95

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

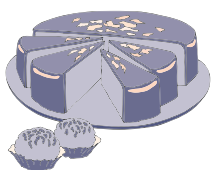
Sides

€4.95

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

All beef 100% Irish

Desserts



Cookie Dough Skillet €9.95

Kinder Bueno or salted caramel flavour (1,3,5,6,7)

Allow 15 minutes

Blas Chocolate Brownie €6.95

Served with fresh cream (3,7)

Vegan Almond & Raspberry Tart €6.95

Served with cream or raspberry sorbet (6,8)

Home-made Fresh Fruit Tart 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 Blueberry Scones (1,3,7) served with butter, jam and fresh cream



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