



A LA CARTE MENU

A LA CARTE MENU IS SERVED MONDAY - SUNDAY NOON - 8.45P.M.

STARTERS

HOMEMADE SOUP OF THE DAY €5.50

SERVED WITH KEENAN'S HOMEMADE BROWN BREAD

SEAFOOD CHOWDER €6.95 (MAIN COURSE SIZE €9.95)

CREAMY SEAFOOD CHOWDER & KEENAN'S HOMEMADE BROWN BREAD

CHICKEN WINGS €9.95

CRISPY CHICKEN WINGS WITH CHOICE OF BBQ OR HOT SAUCE, SIDE BLUE CHEESE MAYO & CELERY STICKS

GARLIC MUSHROOMS €7.95

GOLDEN BREADED MUSHROOMS WITH TOSSED SALAD, GARLIC MAYONNAISE

MEZZE SHARING PLATE (2 PEOPLE) €15.95

HOMEMADE ROMESCO, HUMMUS, MANGO SALSA & PESTO, SERVED WITH GARLIC & ROSEMARY INFUSED FOCCACIA

MAIN COURSES

SIRLOIN STEAK (12OZ) €28.95

IRISH SIRLOIN TOPPED WITH CARAMELISED ONIONS,
CAFÉ DE PARIS BUTTER, SIDE OF CHIPS.

KEENAN'S GOURMET BEEF BURGER €15.95

PRIME IRISH BEEF BURGER WITH SMOKED CHEESE, STREAKY BACON, BALLYMALOE RELISH, MUSTARD – MAYONNAISE, RED ONION, LETTUCE & TOMATO, & CHUNKY CHIPS

KEENAN'S STEAK SANDWICH €18.95

6OZ SIRLOIN STEAK ON A TOASTED CIABATTA BREAD WITH GARLIC BUTTER, TOPPED WITH SAUTÉ ONIONS, SERVED WITH A SIDE OF CHIPS & PEPPER SAUCE

FRESH BREADED HADDOCK €18.95

WITH LEMON AND HERB CRUST, LIME MAYONNAISE, PEA PUREE & CHUNKY CHIPS.

CHICKEN GOUJONS €15.95

BREADED CHICKEN BREAST SERVED WITH SIDE SALAD & CHIPS, WITH GARLIC MAYONNAISE OR GINGER & CHILLI MAYONNAISE

WILD MUSHROOM CHICKEN TAGLIATELLE €18.95

TAGLIATELLE IN CREAMY, WHITE WINE & BLUE CHEESE, WITH SPINACH & MUSHROOMS, SERVED WITH TOASTED CIABATTA & SUNDRIED TOMATO PESTO

SPECIAL SUMMER SALAD €18.95

4 SALADS COMBO, WITH PULLED ROAST CHICKEN OR SLOW COOKED BEEF

HIGHLY NUTRITIOUS. QUINOA WITH ROAST BUTTERNUT SQUASH AND PICKLED RAISINS. GOLDEN BEETROOT W/FETA, CANDIED PUMPKIN & SUNFLOWER SEEDS. RED/WHITE CABBAGE, RADISH, KALE, POPPY/SESAME SEEDS. TURMERIC RICE W/ PISHACHIOS, POMEGRANATE SEEDS, CRANBERRIES, APRICOT, MINT/BASIL/SHERRY VINEGAR.

SIDE ORDERS

ROAST POTATOES €3.95 VEGETABLE SELECTION €3.95

CHIPS €3.95 SIDE SALAD €3.95 SAUTÉ MUSHROOMS & €3.95

SANDWICHES, NOON – 5P.M.

TOASTED SPECIAL €8.95

HONEY BAKED HAM, CHEDDAR CHEESE, TOMATO & RED ONION ON BROWN **OR** WHITE BREAD, WITH WHOLEGRAIN MUSTARD & MAYONNAISE. SERVED WITH CHIPS

PULLED ROAST CHICKEN & SALAD SANDWICH €8.95

SERVED WITH CHIPS & SLAW

KEENAN'S WI-FI CODE: KEENANS1



OUR EVENING MENU

EVENING MENU IS SERVED MONDAY - SUNDAY 5P.M. - 8.45P.M.

STARTERS

HOMEMADE SOUP OF THE DAY €5.50

SERVED WITH KEENAN'S HOMEMADE BROWN BREAD

SEAFOOD CHOWDER €6.95 (MAIN COURSE SIZE €9.95)

CREAMY SEAFOOD CHOWDER & KEENAN'S HOMEMADE BROWN BREAD

CHICKEN WINGS €9.95

CRISPY CHICKEN WINGS WITH CHOICE OF BBQ OR HOT SAUCE, SIDE BLUE CHEESE MAYO & CELERY STICKS

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GOLDEN BREADED MUSHROOMS WITH TOSSED SALAD, GARLIC MAYONNAISE

MEZZE SHARING PLATE (2 PEOPLE) €15.95

HOMEMADE ROMESCO, HUMMUS, MANGO SALSA AND PESTO, SERVED WITH GARLIC AND ROSEMARY INFUSED FOCCACIA.

DUCK SALAD €9.95

WARM DUCK SALAD WITH POMEGRANATE, WATERMELON & CORRIANDER

PRAWNS PIL PIL €9.95

TIGER PRAWNS IN BUTTER, OLIVE OIL, GARLIC, SEA SALT & CHILLIES WITH CRUSTY BREAD

MAIN COURSES

SIRLOIN STEAK (12OZ) €28.95

IRISH SIRLOIN TOPPED WITH CARAMELISED ONION, CAFÉ DE PARIS BUTTER, SIDE OF CHIPS.

KEENAN'S GOURMET BEEF BURGER €15.95

PRIME IRISH BEEF BURGER WITH SMOKED CHEESE, STREAKY BACON, BALLYMALOE RELISH, MUSTARD – MAYONNAISE, RED ONION, LETTUCE & TOMATO, & CHUNKY CHIPS

KEENAN'S STEAK SANDWICH €18.95

6OZ SIRLOIN STEAK ON A TOASTED CIABATTA BREAD WITH GARLIC BUTTER, TOPPED WITH SAUTÉ ONIONS , SERVED WITH A SIDE OF CHIPS & PEPPER SAUCE

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WILD MUSHROOM CHICKEN TAGLIATELLE €18.95

TAGLIATELLE IN CREAMY, WHITE WINE & BLUE CHEESE, WITH SPINACH & MUSHROOMS, SERVED WITH TOASTED CIABATTA & SUNDRIED TOMATO PESTO

CORN-FED CHICKEN SUPREME €22.00

ROAST CHICKEN TOPPED WITH A ROSEMARY & MACADAMIA NUT CRUST, SERVED WITH A WHITE WINE SMOKED BACON & SPINACH SAUCE, ROAST POTATOES & VEGETABLES

FRESH ROAST SALMON €24.95

ROAST SALMON WITH SMOKED CHEESE, COURGETTE CREAM SAUCE WITH ROAST POTATOES & VEGETABLES

SIDE ORDERS

ROAST POTATOES €3.95 VEGETABLE SELECTION €3.95

CHIPS €3.95 SIDE SALAD €3.95 SAUTÉ MUSHROOMS €3.95

KEENAN'S WI-FI CODE KEENANS1