

Keenan's Bar Menu

Available

12.00 - 20.45 Monday to Saturday

12.30 - 19.45 Sunday & Bank Holidays

Starters

Homemade Soup of the Day €5.50 (1, 7, 9, 12, 14)

Served with Keenan's homemade brown bread

Seafood Chowder €6.95 (Main Course size €9.95) (1, 2, 4, 7, 9, 12,)

Creamy seafood chowder & Keenan's homemade brown bread

Halloumí, beetroot & caramelised walnut Salad €7.95 (7, 8, 9,)

Baked Halloumi cheese with balsamic drizzled beetroot, caramelized walnuts with organic salad leaves & house dressing

Kelly's Black Pudding €7.95 (1, 7, 9, 12)

On potato & cabbage mash, crispy bacon, creamy honey & wholegrain mustard sauce

Chicken Wings €9.95

Crispy chicken wings with choice of BBQ or Hot Sauce, served with Blue cheese mayo & celery sticks

Garlic Mushrooms €7.95 (1, 3, 5, 7, 8, 9, 10, 12)

Golden Breadcrumbed Mushrooms with tossed salad, garlic mayonnaise

Butternut Squash, Courgette & Chickpea Crumble €8.95 (V) (1, 6)

Green asparagus salad, roast red pepper & rosemary, yellow pepper & citrus coulis

Main Courses

Sirloin Steak (12oz) €26.95 (1, 7, 9, 10, 12)

Irish Sirloin on sauté onions & mushrooms, topped with onion ring, side of chips & choice of pepper sauce or garlic butter

Keenan's Gourmet Beef Burger €15.95 (1, 5, 7, 8, 10, 12, 14)

Prime Irish Beef Burger with smoked cheese, streaky bacon, Ballymaloe relish, mustard-mayonnaise, red onion, lettuce & tomato, with a side of red onion marmalade & chunky chips

Keenan's Steak Sandwich €16.95 (1, 7, 12, 14)

6oz Sirloin Steak on a toasted ciabatta bread with garlic butter, topped with sauté onions & mushrooms, served with a side of chips & pepper sauce

Beer Battered Fish of the Day €17.95 (1, 2, 7, 9)

Fresh Beer Battered fish with crushed peas, tartare sauce & chunky chips

Mediterranean Baked Cod €18.95 (1, 2, 7, 8, 9, 10, 13)

Fresh Cod with a spinach, sundried tomato, mozzarella cheese, herb & black olive crust, served with side salad & chips, creamy white wine sauce

Cajun Chicken Breast €15.95 (1, 3, 5, 6, 7, 8, 9, 12, 13, 14)

Cajun Chicken on toasted ciabatta, with garlic mayonnaise & sweet chilli jam, served with basil pesto topped salad and side of chips

Chicken Goujons €15.95 (1, 3, 5, 6, 7, 8, 9, 10, 12)

Breaded Chicken Breast served with side salad & chips, with garlic mayonnaise or ginger & chilli mayonnaise

Wild Mushroom Chicken Tagliatelle €16.95 (1, 5, 7, 8)

Tagliatelle in creamy, white wine & blue cheese, with spinach & mushrooms, served with toasted ciabatta & sundried tomato pesto

Chicken Curry €15.95 (1, 6, 9) **Vegetable Curry €14.95** (v)

Lightly spiced coconut based curry served with coriander basmati rice, naan bread & mango chutney

Baked Vegetarian Lasagne €15.95 (1, 3, 6, 7, 9, 12)

Baked Lasagne with courgette, mushroom & leek, with creamy tomato and basil sauce, mozzarella and cheddar cheese, served with side salad and chips

Sandwiches

Sandwiches not available after 5.30pm

Toasted Special €8.95 (1, 7, 8, 12, 14)

Honey Baked Ham, cheddar cheese, tomato & red onion on brown or white Sourdough bread, with wholegrain mustard & mayonnaise. Served with coleslaw & chips

Triple Decker Club Sandwich €10.95 (1, 7, 8, 12, 14)

Chicken & bacon, lettuce & tomato, mustard mayo, on brown or white Sourdough bread. Served with chips & coleslaw

Open Smoked Salmon Sandwich €10.95 (1, 2, 5, 6, 7, 8, 9, 12, 14)

Irish Smoked Salmon on wholemeal brown bread, with cream cheese. Served with side salad

Side Orders

Garlic Potatoes €3.95 Vegetable Selection €3.95

Chips €2.95 Side Salad €2.95

Sauté Mushrooms & Onions €3.95 Onion Rings €3.95

Our Ethos at Keenans is "Fresh and Local"

We source our ingredients from a wide range of suppliers including Herterichs Butchers, Shanleys of Longford, Glancys Seafood, Albatros seafoods, Sheelin Meats and Pallas foods.

Food Allergens

1 - Gluten	2 - Fish	3 - Eggs	4 - Shellfish	5 - Peanuts
6 - Soya Beans	7 - Dairy	8 - Nuts	9 - Celery	10 - Mustard
11 - Lupin	12 - Sulphites	13 - Sesame	14 - Can be adapted (please ask)	

Keenan's Evening Menu

Available

17.00 - 20.45 Monday to Saturday

16.30 - 19.45 Sunday & Bank Holidays

Starters

Baked Duck Spring Roll €9.95 (1, 5, 6, 8, 9, 12, 13)

Shredded duck in crispy filo pastry, rocket salad, drizzled with hoisin & lime, and chilli jam

Kelly's of Newport Black Pudding Pie €8.95 (1, 3, 5, 8, 9, 10, 12)

Pine nuts, cranberry & apple, port & redcurrant au jus

Rosette of Smoked Salmon & Warm Potato Cake €9.95 (1, 2, 3, 5, 7, 8, 10, 13)

Keenan's potato crisps, caper, red onion & lemon salsa

Main Courses

12oz Rib-Eye Steak €28.95 (7, 9, 10, 12)

With sauté onions & mushrooms, chunky chips, pepper sauce or garlic butter

Sweet Chilli Chicken Kebab €19.50 (6, 7, 9, 12)

Marinated chicken & vegetable skewers, with rice & chili sauce

Corn-fed Supreme of Chicken €19.95 (7, 12)

Stuffed with wild mushroom, spinach & mozzarella, mushroom sauce, creamy potato & seasonal vegetables

Roasted Salmon Steak €22.50 (2, 7, 12)

Fresh Salmon on a potato, leek & parmesan gratin, grilled asparagus, creamy white wine sauce

9oz Lamb Rump €23.95 (6, 7, 9, 11, 12)

Slow cooked lamb rump marinated in rosemary, garlic & cracked pepper, with creamy mashed potato, seasonal vegetables & a red wine jus

Wholemeal Spinach Pancakes €17.95 (1, 3, 7, 14)

Spinach pancakes filled with sautéed red onions, peppers, cherry tomatoes, spring onions, mushrooms, smoked Applewood cheddar cheese & a tomato sauce, with chunky chips and salad

Please allow a minimum of 20 minutes cooking time for all main courses above