

***Waves Bar  
And Bistro***

***At Radisson  
Blu Hotel  
and Spa  
Sligo***



## **Light Bites**

### **Waves Chicken**

#### **Caesar Salad**

*Baby gem cos, Smokey bacon, Caesar dressing, rustic croutons, parmesan*

**Starter €8.50/Main €12.50**  
1(Wheat),3,4,6,7,10,12

#### **Marinated**

#### **Beetroot**

#### **Carpaccio Salad**

*Crumbled goat's cheese and baked apple sauce*

**Starter €8.50/Main €12.50**  
**Add chicken €2.00**  
7,12

#### **Homemade Fish Cake**

*Golden crumbed fish cake, garnished with potato wrapped prawn tail, tossed baby leaves and cucumber pickle*

**Starter €7.95/Main with chips €15.50**  
1(Wheat),2,3,4,7,9,12

### **House Spiced Chicken Wings**

*Crispy chicken wings tossed in our hot sauce served the classic way!*

**Starter €7.95/Main with chips €15.50**  
1(Wheat),3,7,9,10

### **Waves Soup of the Day**

*Served with fresh bread*  
**€5.75**  
1(Wheat),3,7,9,12

### **Atlantic Seafood and Smoked Fish Chowder**

*Served with fresh bread*  
**€8.95**  
1(Wheat),2,4,7,  
8(Pine nuts),9,12,14

**Sandwiches**  
**Mediterranean**  
**Vegetable Wrap**

*Roast veg, vegan feta, baby spinach, rocket pesto and balsamic dressing served with sweet pepper relish and skin on fries*

**€ 9.90 Add chicken €2**

*1(Wheat), 6,  
8(Pine nuts), 12*

**Triple Decker**  
**Hegarty Cheddar**  
**Cheese Sandwich**

*Toasted Hegarty cheddar, tomato and red onion on sour dough bread*

*With sweet pepper relish and skin on fries*

**€ 10.50**

*1(Wheat), 3,6,7,12*

**Slow Cooked**  
**Beef Roast**  
**Ciabatta**

*Warm Ciabatta filled with tender sliced beef, wholegrain mustard mayo and melted cheddar cheese served with sweet pepper relish and skin on fries*

**€ 14.50**

*1(Wheat),3,7,9,10,12*

**Create your own**  
**sandwich**

*Choose up to 4 fillings from the choice below, toasted or plain, brown or white*

*All sandwiches are served with house salad and skin on fries*

*Cheese, tomato, onion, salad, egg, ham, tuna, bacon, chicken*

**Plain sandwich €6.50**

**Add soup €11.00**

**Toasted €7.50 Add soup €11.50**

*1(Wheat),3,4,6,7,10,12*

**House  
Favourites**

**Traditional Irish  
Beef Lasagne**

*Irish beef Bolognese with lasagne pasta and cheese sauce, served with green salad and house fries*

**€15.50**

1(Wheat),6,7,9,12

**Homemade  
Vegan Lasagne**

*Roast Mediterranean vegetables, sun-kissed tomato and vegan cheese lasagne, served with house fries*

**€13.95**

1(Wheat),6,9,10,12

**Crispy Chicken  
Tower Burger**

*Crispy buttermilk Irish chicken fillet, Brioche bun, salad, ranch dressing and house fries*

**€15.50**

1(wheat),3,7,10,12

**The Blu Beef  
Burger**

*Irish local beef burger, in a toasted Brioche bun, Andersons Ale onion jam, salad, ranch dressing, plum tomato, grilled cheese, served with house fries*

**€15.95**

1(Wheat),3,7,12

**Anderson's Ale  
Battered Cod and  
Chips**

*Fillet of cod in local craft beer batter, home pickled cucumber tartar and house fries*

**€16.75**

1(wheat, oat, barley),3,4,7,12

**Red Split Pea,  
Butternut and  
Cilantro Indian  
Dahl**

*With coconut rice and  
Roti*

**€12.50**

1(wheat)

**Pork and Leek  
Bangers**

*Served with smooth  
mash, Andersen's Ale  
onion jam and roast  
gravy*

**€14.95**

1(wheat, oat,  
barley),7,9,10,12

**Double Vegan  
Burger**

*Curried cauliflower and  
beetroot patties topped  
with melted cheese in a  
pretzel bun with salad,  
thousand island sauce  
and house fries*

**€15.50**

1(wheat),9,12

**Fragrant Green  
Thai Vegetable  
Curry**

*With coconut rice and  
Roti*

**€13.95**

1(wheat)

**Tender Chicken  
Curry**

*With Coconut rice and  
Roti*

**€15.50**

1(wheat)

**On The Side**

**Champ Potatoes**

**€4.00(7,12)**

**House fries**

**€4.00** (traces 1wheat)

**Cheesy Garlic**

**Bread**

**€4.50** (1wheat,7)

**Market**

**Vegetables**

**€4.50(7)**

**Side Salad**

**€3.50(12)**

## Something Sweet

### **Warm Apple and Berry Crumble**

*Vanilla Ice Cream*

€6.45

1(Wheat),3,7,12

### **White Chocolate, Banana and Peanut Pudding**

*Mint Chocolate Ice*

*Cream*

€6.45

1(Wheat),3,5,7

### **Salted Caramel and Popcorn Cheesecake**

*Rum and Raisin Ice*

*Cream*

€6.45

1(Wheat)7

### **Sticky Toffee Pudding**

*Toffee Sauce,*

*Honeycomb Ice Cream*

€5.95

1 (Wheat),3,7,12

### **Vanilla Crème Brûlée**

*Shortbread Biscuit,*

*Blackberry Sorbet*

€5.95

1(Wheat),3,7

### **Coconut Panna Cotta**

*Pineapple Tuille*

€5.95

## Allergen information:

1 Wheat

2 Crustaceans

3 Eggs

4 Fish

5 Peanuts

6 Soybean

7 Milk

8 Nuts

9 Celery

10 Mustard

11 Sesame Seeds

12 Sulphur dioxide

13 Lupin

14 Molluscs

## Soft drinks

Coca Cola **€3.15**  
Diet Coke **€3.05**  
Coke Zero **€3.05**  
Sprite **€3.05**  
Fanta Orange **€3.05**  
Fanta Lemon **€3.05**  
Cidona **€3.50**  
Red Bull **€5.05**

## Tea/Coffee

Americano **€3.10**  
Cappuccino **€3.25**  
Latte **€3.25**  
Espresso **€3.10**  
Double  
Espresso **€3.25**  
Flat White **€3.20**  
Herbal Tea **€3.15**  
Hot Chocolate **€3.65**  
Mocha **€3.25**  
Tea for One **€2.90**  
Tea for Two **€3.90**  
Tea for Three **€4.90**  
Tea for Four **€5.90**

## Product Origin

*Our Fresh Fish –  
Albatross Seafoods  
Killybegs*

*Local Butcher: William  
Clarke and Sons Ltd*

*Our Fruit and  
Vegetables -Total  
Produce*

*Organic Herbs and  
Vegetables from  
Rossinver Co. Leitrim*

*Our Farmers:  
Beef: Damien Carty -  
Drumnagranshy, Keash,  
Ballymote Co. Sligo  
Herd No; U1231908*

*Lamb: Damien Treacy –  
Heathlawn, Killimor,  
Ballinasloe, Co. Galway*

*Pork: John Corrigan -  
Aughavas, Co. Leitrim*

*Poultry: Crossgar, Co.  
Down*