

SIDES

CHIPS	€4.50
RICE	€3.50
SEASONED POTATO WEDGES (1-W)	€5.50
SWEET POTATO FRIES (1-W)	€5.50
CREAMED POTATO (9)	€4.00
CRISPY BABY POTATOES IN GARLIC BUTTER (9)	€5.50
SEASONAL VEGETABLES	€4.00
HOMEMADE ONION RINGS (1-W)	€5.50
TOSSED SALAD (11)	€5.50
COLESLAW (3,10,11)	€3.00
BEANS	€2.50
MUSHY PEAS (13)	€2.50
STUFFING (1-W,9,10)	€2.50



DIPS

GARLIC MAYO (3,11)	€1.50
TARTAR SAUCE (3,11)	€1.50
SWEET CHILLI	€1.50
BBQ SAUCE	€1.50
GARLIC BUTTER (9)	€1.50
GRAVY(10)	€2.50
PEPPER SAUCE (9,10)	€2.50
CURRY SAUCE (9,10,11)	€2.50

**Welcome to Quay West at the Allingham Arms Hotel.
We hope you enjoy your dining experience with us.**

"Please note we do not split bills"

"All our beef is 100% sourced on the Island of Ireland"

"100% of all tips are equally divided among staff"

ALLERGEN KEY	GLUTEN = 1	FISH = 4	PEANUTS = 7	CELERY = 10	SULPHITES = 13
	CRUSTACEANS = 2	MOLLUSCS = 5	NUTS = 8	MUSTARD = 11	LUPIN = 14
	EGGS = 3	SOYBEANS = 6	MILK = 9	SEASAME SEEDS = 12	WHEAT = W BARLEY = B



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SCAN ME

STARTERS

SOUP OF THE DAY €6.50
Artisan wheaten bread or bread roll (9,10)

BREADED BAKED BRIE €9.95
Served with baby leaf salad & cranberry sauce (1-W,3,9,10,11)

CHICKEN WINGS €9.50
Choose from Hot 'n' Spicy or BBQ fried chicken wings with light salad, sesame seeds & sour cream (1-W,8,9,10)

WEST COAST ATLANTIC SEAFOOD CHOWDER €10.50
Fresh fish from along the West Coast of Ireland including Prawns, Mussels, Clams, Salmon, Smoked Coley & Haddock (2,4,9,10,13)

GOLDEN FRIED BREADED GARLIC MUSHROOMS €8.00
Baby leaf salad with garlic mayonnaise (1-W,3,9,10,11)

CRISPY SALT & CHILI SQUID €9.50
Garlic & lime aioli & baby leaf salad (1-W,2,3,5,11)

CHICKEN, BACON & PINE KERNEL SALAD €9.00
Garlic & parmesan marinated chopped chicken & bacon pieces served on a crispy baby gem leaf salad (3,8,9,11)

CHILI & GARLIC PRAWN PIL PIL €9.95
Served with toasted ciabatta (1-W,2,5,9)

DYNAMITE KING PRAWNS €11.50
Lightly fried in batter with crisp salad & dynamite sauce (1-W,2,3,5,10,11)

SHREDDED SALT & CHILLI CHICKEN €9.50
Served with garlic mayonnaise & baby leaf salad (1-W,3,9,11)

CLONIKILTY BLACK PUDDING & ST TOLA GOAT CHEESE SALAD €9.50
Balsamic dressed baby leaf salad with apple purée (1-W,6,9,11,13)

VEGAN STARTERS

CRISP ORGANIC CHICKPEA FALAFEL BOWL €8.50
Sweet chilli dressed leaves with candied walnut crumble (8)

PLANT-IT VEGAN SALT & CHILLI STRIPS €8.00
Served with baby leaf salad and sweet chilli dip (1-W,6)

MAIN COURSES

CUMBERLAND SAUSAGE BANGERS & MASH €17.95
Served with a black pudding crumb, onion gravy & crispy flaked onions (1-W,9,11,13)

PATRICK'S SIGNATURE BRAISED BEEF €19.95
Slow braised 10oz chuck of Irish beef. Served with homemade Guinness & BBQ gravy, creamed potatoes and parsnip crisps (1-B,6,9,10)

DONEGAL FISH & CHIPS €18.95
Beer battered Killybegs fresh fillet of Haddock with peas, tartar sauce & lemon (1-W,3,4,11)

QUAY WEST CHICKEN FEAST €18.00
Crispy coated chicken goujons, salt & chilli chicken pieces & chicken wings, served with chips & BBQ dip (1-W,3,9,13)

IRISH BEEF STEW CASSEROLE €18.50
Slow cooked beef with root vegetables & pearl barley. Served with creamed & roast potatoes (1-B,9,10,11)

GRILLED PERI PERI SPICED CHICKEN BREAST €18.50
Crispy fried baby potatoes, fresh wilted spinach, tomato & basil sauce (6,13)

IRISH BEEF LASAGNA €17.95
Layered pasta with Irish beef ragout. Served with chips, side salad & coleslaw (1-W,9,10,11,13)

KILLYBEGS MONKFISH SCAMPI €22.00
Lightly breaded and served with lime & garlic aioli, chips, lemon and tartar sauce (1-W,3,4,11,13)

MEDITERRANEAN LINGUINI €16.50
Diced red onions, peppers, cherry tomatoes, olives & chillies tossed in Greek extra virgin olive oil. Served with toasted garlic ciabatta & parmesan cheese (1-W,3,9)
Add Chicken €3 | Add Irish Beef €4 | Add King Prawn €4

ROAST STRIPLOIN OF IRISH BEEF €18.50
Served with creamed potatoes, seasonal vegetables & roast gravy (9,10)

IRISH TURKEY WITH DONEGAL HAM €18.50
Served with mash potatoes, seasonal vegetables, herb & onion stuffing & roast gravy (1-W,9,10,13)

IRISH FREE RANGE CHICKEN KIEV €18.50
Served with creamed potatoes, seasonal vegetables & roast gravy (1W,3,9,10)

CLASSIC CHICKEN CURRY €18.95 | **1/2 rice & 1/2 chips** €20.95
Fresh chicken pieces & stir-fried vegetables in our homemade lemongrass & lime leaf scented curry sauce. Served with basmati rice (9,10,11)

CHILLI, GINGER & LIME SCENTED STIR-FRY €16.95
Stir-fry vegetables in Chefs special stir-fry sauce. Served with egg noodles & toasted sesame seeds. (1-W,3,6,8,13)
Add Chicken €3 | Add Irish Beef €4 | Add King Prawn €4

BURGERS

CHARGRILLED CHICKEN FILLET BURGER €18.50
Cajun marinated free range chicken fillet, lettuce, tomato & garlic mayonnaise. Served with chips (1W,3,9,11,13)

ALLINGHAM DOUBLE SMASH BURGER €18.50
Hot Iron smashed 100% Irish ground beef with crisp bacon, sauté onions, mature cheddar, lettuce, tomato & burger sauce. Served with chips (1W,3,9,11,13)

MEXICAN STYLE DOUBLE SMASH BURGER €18.50
Hot Iron smashed 100% Irish ground beef with crisp bacon, sauté onions, chilli cheddar, jalapenos, lettuce, tomato & burger sauce. Served with chips (1W,3,9,11,13)

STEAKS

BURNS FARM 8OZ PRIME IRISH FILLET STEAK €34.95
Locally sourced 28 day aged prime Irish beef. Served with sauté mushrooms & onions, semi dry tomatoes, mash potatoes, pepper sauce & chips (9,10,11)
Add Garlic King Prawns (4) €5

BURNS FARM 10OZ PRIME IRISH SIRLOIN STEAK €29.95
Locally sourced 28 day aged prime Irish beef. Served with sauté mushrooms & onions, semi dry tomatoes, mash potatoes, pepper sauce & chips (9,10,11)
Add Garlic King Prawns (4) €5

VEGAN MAIN COURSES

CLASSIC VEGETABLE CURRY €16.95 | **1/2 CHIPS & 1/2 RICE** €18.95
Stir-fried vegetables in our homemade lemongrass & lime leaf scented curry sauce. Served with basmati rice (10,11)

CHILLI, GINGER & LIME SCENTED STIR-FRY €16.95
Stir-fry vegetables in Chefs special stir-fry sauce. Served with basmati rice and toasted sesame seeds. (1-W,6,8,13)

MEDITERRANEAN LINGUINI €16.50
Diced red onions, peppers, cherry tomatoes, olives & chillies tossed in Greek extra virgin olive oil. Served with toasted petit pain (1-W)

VEGAN BANGERS & MASH €17.00
Whirl whipped potatoes topped with fried onions. Served with roast gravy, seasonal vegetables & crispy flaked onions (6,10,11)

PLANT BASED VEGAN GOUJONS €16.50
Served with side salad, fresh chips, vegan mayonnaise & BBQ sauce (1-W,6)

PLANT-IT VEGAN QUARTER POUNDER €17.00
Topped with crisp baby gem lettuce, tomatoes, vegan mayonnaise & vegan cheese. Served in a toasted bun with fresh cut chips (1-W,6)