

SEVEN ARCHES BAR & BISTRO



List of suppliers to our kitchen:

- Kelly's Artisan Butchers, Newport, Co. Mayo
- Keane's Meats, Newport, Co. Mayo
- Lavins Fruit & Veg, Castlebar, Co. Mayo
- B&B Foods, Castlebar, Co. Mayo
- Joe Garvin Fish, Ballina, Co. Mayo
- Costello & McDermott, Ballinrobe, Co. Mayo
- O'Haras of Foxford, Foxford, Co. Mayo
- Mill Meats, Tuam, Co. Galway

List of allergens listed in this menu:

1=Wheat, 2=Crustaceans, 3=Egg, 4=Fish, 5=Peanuts, 6=Soya,
7=Milk, 8=Nuts, 9=Celery, 10=Mustard, 11=Sesame Seeds,
12=Sulphur Dioxide, 13=Lupin, 14=Molluscs, GF- Gluten Free

Lunch Menu

SEVEN ARCHES
BAR & BISTRO

SERVED FROM 12.30 TO 5PM

Homemade Soup of the Day (1,7,9,11) €4.90
Freshly prepared soup served with homemade brown bread

Atlantic Seafood Chowder (2,4,7,9,12, GF) €6.90
Salmon, cod, mussels, smoked haddock with root vegetables in white wine cream sauce

SANDWICHES

BLT (1,3,7,10) €7.40
Bacon, lettuce and tomato served on a triple decker with side salad and chips

Club Sandwich (1,3,7,10) €7.90
A tasty triple decker sandwich with chicken, bacon, ham, tomato, onion, lettuce, & cheese. served with side salad and chips

Toasted Special (1,3,7,10) €7.40
Ham, cheese, tomato & onion toasted with mayonnaise & ballymaloe relish served with side salad and chips

Sweet Chilli Chicken Wrap (1,3,7,10) €7.40
Chicken, cheese, red onion toasted with mayonnaise & sweet chilli sauce served with side salad and chips

Create Your Own

- **Step 1 - Choose your bread:** Plain €3.90 | Toasted €4.90 | Floury Bap €5.90 | Wrap €5.90 | Panini €5.90 | Open Brown Bread €4.90
- **Step 2 - Choose from up to 3 fillings:** Ham - Cheese - Bacon - Tomato - Tuna - Chicken - Salad - Onion

Combo Selection

White/Brown bread sandwich with a choice of up to 3 fillings.

- Soup & Sandwich Combo €8.50
- Chowder & Sandwich Combo €9.90

~ Please ask about our specials of the day ~



ROCKFLEET / CARRICKAHOWLEY CASTLE
- HOME OF GRÁINNE MHAOL THE PIRATE QUEEN

Evening Menu

SEVEN ARCHES
BAR & BISTRO

SERVED FROM 5PM

STARTERS

Homemade Soup of the day (1,7,9,11) €4.90

Freshly prepared soup served with homemade brown bread

Atlantic Seafood Chowder (2,4,7,9,12, GF) €6.90

Salmon, cod, mussels, smoked haddock with root vegetables in white wine cream sauce

Garlic Mushrooms (1,3,7,13) €6.90

Deep fried garlic mushrooms served with side salad and aioli mayonnaise

Hot & Spicy Chicken Wings (1,3,7,9) €6.50

Served with a Light crispy salad and choice of Garlic, Barbecue or hoisin dip

Caesar Salad (1,3,7,12,13) €6.50

Light crispy salad with bacon and a creamy Caesar dressing

Duck Spring Rolls (1,3,4,6,10,11,12,13) €5.90

Authentic duck filled spring rolls served with a crispy fresh salad

Deep fried Brie (1,3,12,13) €6.90

Wedge of Brie served with a light salad and cranberry compote

Goats Cheese Salad (1,3,7,10) €6.90

Warm goats cheese served with a light salad

Deep fried crispy Calamari (1,3,7,10,12,13) €7.90

Salt and pepper Squid served side salad and an asian fish dip



Evening Menu

SEVEN ARCHES
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SERVED FROM 5PM

MAINS

Seven Arches Original Steak Burger (1,7,10) €14.90

Keane's 8oz Burger with bacon, cheese and house sauce, served with side salad, onion rings and chips

The Specialty Burger (1,7,10) €15.90

Original steak burger topped off with bacon and egg, served with side salad, onion rings and chips

Steak Sandwich (1,7,10) €14.90

Prime 6oz steak served on ciabatta, dressed in mushrooms, onions and pepper sauce and chips

Atlantic Fillet of Salmon (1,3,4,5) €15.90

Pan fried of Salmon served with a beurre blanc and roasted red pepper sauce, vegetables and potatoes

Battered Cod & Chips (1,3,4,7,10) €14.90

Traditional cod in beer batter served with side salad, mushy peas and chips

Clew Bay Seafood Pie (2,4,7,9,12, GF) €14.90

Topped with creamy mashed potato and Parmesan cheese, served with seasonal veg

Homemade Cajun Chicken Burger (1,3,7) €13.90

Breaded fillet of chicken , served with side salad and chips

House Chicken Curry (1,7,8,) €13.90

Homemade medium spiced chicken curry bursting with flavour, served with basmati rice and naan bread

Stir Fry (1,5,6,8,9,10,11,12,13) €12.90

Choice of stir fry served with fresh vegetables and rice

Add Beef/Chicken - €14.90

Sirloin Steak (7,10,GF)

Prime Irish steak served with sautéed onions & mushroom and chips. Choice of sauce: garlic, pepper or mushroom

8oz - €21.90

100z - €24.90



Evening Menu

SEVEN ARCHES BAR & BISTRO

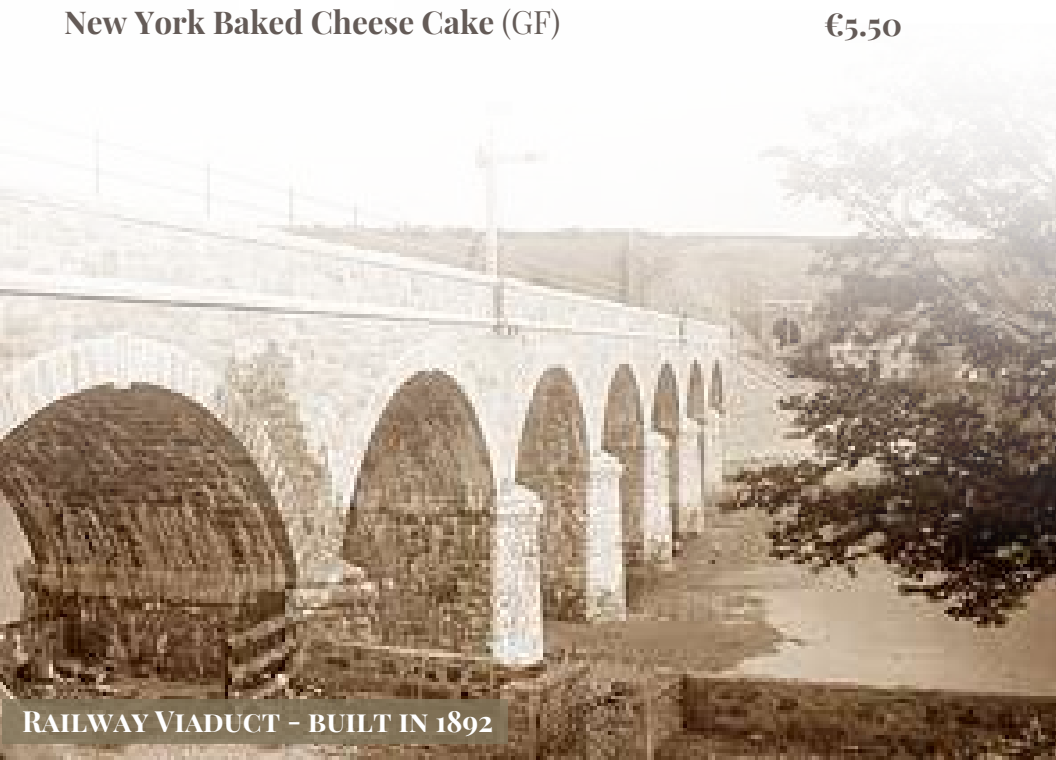
SERVED FROM 5PM

SIDES

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|-------------------------|-------|
| French fries | €2.50 |
| Mixed vegetables | €2.50 |
| Side salad (10) | €2.50 |
| Garlic Bread (1,7,13) | €3.50 |
| Onion rings (1,7,12,13) | €3.20 |

DESSERTS

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|---|-------|
| Sticky Toffee Pudding (1,3,7,12,13) Toffee Sauce and Ice Cream. | €5.50 |
| Cheesecake of the Day (1,7,12,13) with Ice Cream | €5.50 |
| Apple Tart (1,3,7,12,13) with custard and fresh Cream | €5.50 |
| Chocolate Brownie (1,3,8,12,13) with Caramel Sauce and Ice Cream | €5.50 |
| Pear & Almond Tart (1,3,7,8,12,13) with Ice Cream | €5.50 |
| New York Baked Cheese Cake (GF) | €5.50 |



RAILWAY VIADUCT - BUILT IN 1892

Children's Menu

SEVEN ARCHES
BAR & BISTRO

SERVED ALL DAY

STARTERS

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| Homemade Soup of the Day (9) | €3.50 |
| Garlic Bread with Cheese (2 Pieces) (1, 7) | €3.50 |
| Spicy Chicken Wings (3 pieces) (1, 3) | €3.50 |

MAINS

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| Classic Burger & Chips (1,7) | €5.50 |
| Cheeseburger & Chips (1,7) | €5.50 |
| Chicken Goujons & Chips (1,3, 7) | €5.50 |
| Sausages with Mash & Gravy (1, 7) | €5.50 |
| Pasta served with a Tomato sauce & Cheese (1,7, 9) | €5.50 |
| 1/2 Roast of the Day with mash & veg. (1,7) | €5.90 |

DESSERTS

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|---|-------|
| Selection of Ice-Cream with chocolate sauce (3,7) | €3.50 |
| Chocolate Brownie with Ice-Cream (3,6,7,8) | €3.50 |

MEAL DEAL

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| Main Course & Dessert with Mi Wadi | €8.50 |
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