Tribes Restaurant
Dinner Menu

Food Allergies and Intolerances
If you have a food allergy or food intolerance please speak to a member of our team who are fully trained in allergy awareness prior to ordering. Please refer to the end of the menu, where the allergens are listed numerically and presented in that format after each menu item.

Starters

Homemade Soup of the Day  €6.75
With Homemade Bread
Allergens 6(Wheat & Oats), 7, 11, 12

Galway Bay Seafood Chowder  €9.50
With Homemade Bread
Allergens 3(Salmon, Cod, Haddock), 6(Wheat & Oats), 7, 11, 12

Vegan Ramen & Miso Shitake Broth
Start €9.95  Main €14.95
Crispy Tofu, Pak Choi & Spring Onion, Chilli & Garlic, Noodles, Coriander & Cashew
Allergens 5(Cashew), 6(Wheat), 8, 9, 10, 13

Goat's Cheese Mousse  €10.25
Hazelnuts, Rocket, Beetroot & Apple Salad, Mustard & Honey Glaze
Allergens 5(Hazelnut), 8, 9, 13
Steamed Fresh Connemara Mussels
Starter €10.50  Main €16.95
White Wine & Garlic Cream, Spring Onion & Parsley, Garlic Ciabatta
Allergens 1&2(Molluscs), 6(Wheat), 7, 8, 9, 11

Galway Bay Seafoods Smoked Salmon with Tian of Crab
€10.95
Coconut Cream, Mango & Chilli Compote, Irish Seaweed Salad
Allergens 1&2(Crab), 3(Salmon), 7, 9, 11

Wild Atlantic Way Stir Fried Crab Claws  €11.95
Spring Onion & Chilli, Root Ginger & Lemon
Served in Garlic Butter with Herbs from Our Garden
Allergens 1&2(Crab), 7, 9, 13

Buddha Bowl Vegan Salad  €10.25
Seasonal Leaves, Red Cabbage, Mixed Seeds, Quinoa, Beetroot, Avocado, Tender Brocolli & Squash, Lemon & Ginger Dressing
Add Chicken €2.75
Allergens 8, 9, 10

Slow Cooked Baby Back Ribs  €10.50
Served in an Orange & Hickory Barbeque Sauce
Allergens 8, 9, 12, 13
Main Course

Steaks

8oz Certified Irish Rib Eye Hereford Steak €29.95
Served with Confit Tomato, Chimichurri, Flat Cap Mushroom, Pont Neuf Chips.
Choice of Jameson Peppercorn Sauce, Bearnaise Sauce or Garlic and Our Own Herb Butter
Allergens 7, 8, 9, 11

8oz Fillet Centre Cut Angus Steak €33.95
Served with Confit Tomato, Chimichurri, Flat Cap Mushroom, Pont Neuf Chips.
Choice of Jameson Peppercorn Sauce, Bearnaise Sauce or Garlic and Our Own Herb Butter
Allergens 7, 8, 9, 11

10oz Striploin Centre Cut Angus Steak €27.95
Served with Confit Tomato, Chimichurri, Flat Cap Mushroom, Pont Neuf Chips.
Choice of Jameson Peppercorn Sauce, Bearnaise Sauce or Garlic and Our Own Herb Butter
Allergens 7, 8, 9, 11
**Seafood**

**Monkfish & Tiger Prawn Thai Green Curry €20.00**
Aromatic Spiced Curry in Coconut Milk, Coriander & Basil Leaves, Served with Fragrant Yellow Rice
Allergens 1(Prawns), 3(Monkfish), 7, 8, 9

**Grilled Fresh Seabass Fillets €20.75**
Buttered Baby Potatoes, Saute Spinach & Pak Choi, Samphire, Roasted Red Pepper Coulis
Allergens 3(Seabass), 7, 8, 9

**Seafood Linguine €19.75**
Calamari, Monkfish, Prawns, Crab Claws & Connemara Mussels, with Cherry Tomatoes, Spring Onions, Vermouth Cream Sauce, Parmesan & Rocket
Allergens 1&2(Prawns, Crabs, Mussels, Calamari), 3(Monkfish), 7, 8, 9

**Baked Darne of Salmon €21.00**
Smoked Salmon Potato Cake, Asparagus Spears, Homegrown Dill Hollandaise Sauce, Baked Hen’s Egg
Allergens 3(Salmon), 6(Wheat), 7, 9, 11

**Chef’s Specials**

**Fish & Chips €18.50**
Sustainable Irish Fresh Haddock Fillets
In a Light Tempura Batter, with Zesty Lemon, Tartar Sauce & Homemade Chips
Allergens 3(Haddock), 6(Wheat), 7, 8, 11
Grilled Pork Chop On The Bone  €18.95
Champ Mash, Sweet Potato Puree, Flash Fried Greens, Toffee Apple Sauce, Port Jus
Allergens 7, 8, 9

8oz Certified Black Angus Burger  €17.50
Streaky Bacon & Cheddar Cheese on a Brioche Bun, Baby Gem Mustard Mayo & Tomato Relish
Served with Homemade Chips
Allergens 6(Wheat), 7, 8, 9, 11

Roast Supreme of Chicken  €18.95
Thyme & Rosemary Fondant Potato, Celeriac & Truffle Puree, Tenderstem Broccoli, Parsnip Crisps & Shiraz Jus
Allergens 7, 9

Maple & Cajun Roast Cauliflower Steak  €15.95
Vegan Mixed Bean Chilli, Sweet Potato Wedges, Toasted Almonds, Coriander, Pesto
Allergens 5 (Almond), 8, 10

Butternut Squash, Chickpea & Rosemary Tagine  €15.95
Served With Saffron & Fresh Couscous
Allergens 6(Wheat), 8, 10, 12
**Sides €4.25**

- Buttered Baby Potatoes  
  *Allergens 7*

- Creamed Potato  
  *Allergens 7*

- Homemade Salted Chips  
  *Allergens 8*

- Sweet Potato Fries with Maple & Parmesan  
  *Allergens 7, 8, 11*

- Beer Battered Onion Rings  
  *Allergens 6(Wheat), 7, 8, 11*

- Side Salad with Dressing  
  *Allergens 13*

- Selection of Seasonal Vegetables  
  *Allergens 7*

- Fragrant Yellow Rice  
  *Allergens 9*
Desserts

Chocolate & Coconut Tart  €6.75
Berry Compote, Raspberry Sorbet
Vegan Dessert
Allergens 4, 5(Cashew, Hazelnut, Walnut, Almond), 8

Sticky Toffee Pudding  €6.75
Toffee & Vanilla Sauce, Vanilla Ice Cream
Allergens 6(Wheat), 7, 8, 9, 11

Selection of Ice Cream  €5.75
Served in a Wafer Basket
Allergens 6(Wheat), 7, 8, 11

Strawberry Cheesecake  €6.75
Ginger Biscuit, Strawberry Coulis, Strawberry Ripple Ice Cream
Allergens 6(Wheat), 7, 9, 11

Homemade Banoffee Pie  €6.75
White Chocolate & Hazelnut Cream
Allergens 5(Hazelnut), 6(Wheat), 7, 8, 9, 11

Caramelised Lemon Tart  €6.75
Vanilla Cream Quenelle, Raspberry Sauce
Allergens 6(Wheat), 7, 9, 11
List of Allergens/Liosta Ailléirginí

1. & 2. **Shellfish Crustaceans** - Shrimp (Crevette), Prawns, Crab, Crayfish and Lobster  
**Molluscs** - Clams, Cockles, Mussels, Oysters, Octopus, Snails, Squid (Calamari), and Scallops

3. **Fish**

4. **Peanuts**

5. **Nuts** (Almonds | Walnuts | Pecan Nuts | Brazil Nuts | Hazelnuts | Cashews | Pistachio Nuts | Macadamia Nuts, also known as Queensland)

6. **Cereals (Containing Gluten)**

7. **Milk**

8. **Soya**

9. **Sulphur Dioxide**

10. **Sesame Seeds**

11. **Egg**

12. **Celery and Celeriac**

13. **Mustard**

14. **Lupin**
Main Courses €7.50

Chicken Goujons & Skinny Fries
Allergens 6(Wheat), 7, 8, 11

Kids Cod Goujons with Salad & Fries
Allergens 3(Cod), 6(Wheat), 7, 8, 11

Cheese Burger in a Toasted Bun with Ketchup
Served with Fries & Side Salad
Allergens 6(Wheat), 7, 8, 11, 12

Roast Chicken with Mashed Potatoes
Seasonal Vegetables & Gravy
Allergens 7, 9

Tomato & Cheese Pizza
Allergens 6(Wheat), 7, 11, 12

Mini Toad in the Hole
Sausage, Pudding, Mash & Gravy
Allergens 6(Wheat), 7, 9, 11

Healthy Mixed Beans & Spaghetti
Served in a Homemade Tomato Sauce
Allergens 6(Wheat)

Sweet Treats €4.50

Chocolate Brownie & Vanilla Ice cream
Allergens 6(Wheat), 7, 11

Jelly & Ice Cream
Allergens 7, 11

Kids Ice Cream, Vanilla, Chocolate or Strawberry
Allergens 7, 11

Fresh Fruit Salad
Tribes Restaurant Local Producers

Heaney Meats

Arrabawn Dairies
Tribes Restaurant Local Producers

Galway Bay Seafoods

Kelly’s Oysters