

The Pins Gastro Bar

Welcome to
The Pins Gastro Bar
Casual Irish Cuisine with a Local Soul

Special Dietary Requests

If you have a specific dietary requirement,
please advise your server.

Non Alcoholic Wines,
Gluten Free Beers & Gluten Free Chips
are available!

**Allergen Index: 1. Cereals Containing Gluten, 1a. Wheat
1b Oats 1c Barley 1d Rye, 2. Crustaceans, 3. Egg,
4. Fish, 5. Peanuts, 6. Soybean, 7. Milk, 8. Nuts,
9. Celery, 10. Mustard, 11. Sesame Seeds,
12. Sulphur Dioxide/sulphites,
13. Lupin, 14. Molluscs,**

**Although all due care is taken during meal preparation,
Cross contamination risks are possible.**

**Dishes with an * signifies dishes
that are/can be made Gluten Free.**

We are proud to support the following suppliers:

Moycullen + Galway Bay Seafoods.
Local Galway Mad Yolk Eggs,
Meats are Irish + Supplied by
Sean Feeney of Spiddal,
Morgan McGuire of Ballinasloe,
James McGeough of Oughterard
and the Prime Irish Hereford Beef Society.

Mussels

Our mussels are the Blue Mussel (*Mytilus edulis*)
native to Irish waters and the main species
cultivated by the Irish aquaculture Industry.
This mussel thrives in the cold temperature
waters off the Irish coast.

**Please Ask Your Server
For Daily Specials**

All Tips Go Directly To Staff Members

The Pins Gastro Bar

STARTERS

Bucket of Chicken Wings * €13.00

Maple & BBQ Glaze or Mike's Hot Sauce (9,10,11,12,13)

Warm Prawn Gnocchi €17.50

Prawns Tossed in a Spicy Sriracha Chilli Butter,
Garlic Gnocchi, Cherry Tomato, Kale (1a,2,3,7,12,13)

Warm Goats Cheese & Almond Balls €11.00

Pear Salsa, Hot Honey & Bacon Crumble (5,7,8,12)

West Coast Seafood Chowder €11.00

Salmon, Prawns, Cod, Mussels,
Smoked Haddock,
Bakery Brown Bread (2,4,7,9,12,13,14)

Soup of the Moment * €8.00

With Twelve Bakery Brown Bread (1a,7,12)

Slow Cooked Pork Belly €15.50

Celeriac purée, Caramelized Apple
+Fried Onion (1,1a,1b,7,8,10,12)

Hummus €7.00

With Dozzina Puff Bread (1a,13)

GREENS

Beetroot & Feta Salad* €14.00

Baby Gem, Sea Salted Baked Beetroot,
Aran Feta, Mandarine Orange,
Mixed Seeds, Honey Mustard (7,10,11,12)
ADD Garlic Prawns 9.00 (2)

Cajun Chicken & Avocado Caesar Salad €16.00

Baby Gem Lettuce, Cherry
Tomatoes, Crispy Bacon, Parmesan,
Croutons, Creamy Dressing (1a,3,4,7,10,12)

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MAINS

Mussels - Moules Barna* €23.50
Creamy white wine Sauce (7,12,14)

Mussels Moules Diablo* €23.50
Mike's Hot Sauce, Whiskey, Cream (12,14)

**We steam them and serve in your choice of sauce
with Fries and Aoili Dip**

Rigatoni all'Arrabbiata, €19.00
Pomodoro Tomato Sauce, Cherry Tomato, Red Chilli
add Parmesan (1a)(V)
Add Chicken 3.50 euro

Seaweed Battered Fish & Chips * €24.00
Gluten Free Fish, Chips and Mushy Peas (4,7,10,12)

Roast Butternut Squash Risotto €22.00
Blue Cheese, Toasted Walnut + Crispy Sage
(6,7,8,9,10,12)

Baked Atlantic Cod with Pesto Crumb €29.00
Florentine Cream Sauce, Roast Baby Potato + Buttered Greens
(1,1a,4,6,7,9,12)

Honey Glazed Pork Chop €24.50
Braised Red Cabbage, House Mash,
Pan Fried Winter Greens & Pear Chutney (7,9,10,12)

Oven Roasted Irish Chicken Supreme €24.50
Creamy Mash, Buttered Green,
Parsnip Crisp & Peppercorn Sauce (6,7,12)

**West Dry Aged Hereford
Prime Striploin Steak €35.00 (7,12)**

Or

Irish Black Angus Ribeye Steak €35.00
Shallots, Bacon Lardon, Mushrooms, Home-made Onion Rings
With Pepper Sauce OR Roasted Garlic Butter (7,12)

“SURF 'N TURF IT” with KING PRAWNS
- Picatta Style add 8.00 (2,7,12)

Seafood Linguine €23.50
House Smoked Mixed Fish+ Mussel Linguine Pasta
with Creamy Wine Sauce (1a,2,4,6,7,12,14)

8oz Hereford Dry Aged Burger €21.50
Topped with Streaky Rashers, Smoked Applewood Cheese,
Onion & Gherkin Relish, Roast Garlic Mayo
On Toasted Sourdough Bun - With Fries (1a,3,4,7,11,12)

Dressed Chicken Burger €21.50
Cajun Chicken Breast, Jalapeño Peppers, Tomato,
Onions, Cheese, Chiptole Mayo,
on a Sourdough Bun with Fries (1a,3,7,10,11,12)

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SIDES

Wedges €8.50

(1a,7,12)

Sweet Potato Fries €5.00

(1a,7,12)

Parmesan Fries €5.50

(7,12)

Pesto Fries €6.00

(1a,7,12)

Side Veg €5.00

(7)

Side Mash €5.00

(7)

Side Salad €4.50

(6,9,10,12)

SHAREABLES

Pizza Dozzina Garlic Bread €13.50

with Mozzarella **(1a,7,12,13)**

Perfect Cheeseboard €25.00

Cashel Blue, Gubbeen Oak Smoked,
Ardsallagh Goats Cheese, Served with
Sheridan's Gourmet Crackers, Chutney,
Fresh fruits+ Quince Paste.

(1a,7,8,12)

Meat + Cheese Platter €34.00

A Selection of cured Meats + Artisanal Cheeses
Accompanied With Sheridan's Gourmet Crackers,
Chutney, Fresh fruits +Quince Paste.

(1a,7,8,12)

The Pins Gastro Bar



With stone from Vesuvius'
our pizza oven affectionately known as
Pizza Dozzina
is proud to bring a little pizza Napoli to our doorstep

STONE OVEN CLASSICS

BARNARITA (v) €18.50

Tomato, buffalo mozzarella and
freshly torn basil
(1a,1c,1d,6,7,10)

QUATTRO FORMAGGI (v) €18.50

Cream sauce, goats cheese, buffalo mozzarella
Cashel blue and parmesan
1a,1c,1d,6,7,10)

PEPPERONI €18.50

Tomato, mozzarello & Pepperoni
1a,1c,1d,6,7,10,12)

TORINO €18.50

Tomato, mozzarella, chorizio,
smoked pancetta onion, chilli, oregano
(1a,1c,1d,6,7,10,12)

VESUVIO €18.50

Tomato, mozzarella, ham & mushroom
(1a,1c,1d,6,7,10)

CHICKEN €18.50

Roast chicken, red onion, sundried tomatoes,
basil mayo & rocket
(1a,1c,1d,3,6,7,10)

HAWAIIAN €18.50

Ham & Pineapple
(1a,1c,1d,6,7,10,12)

BBQ CHICKEN €18.50

Roast chicken, bbq sauce, pancetta lardons,
red onion sliced, red onion relish & jalapenos
(1a,1c, 1d, 6,7,9,10,12)

SMOKEY SAUSAGE €18.50

Roast red pepper, grilled sausage,
fresh red chilli & crispy bacon
(1a,1c,1d,6,7,9,10,12)

Add Extra Topping €1.50

The Pins Gastro Bar

DESSERTS

€9.75

FROM THE TWELVE BAKERY SHOP
Celebration Cakes is our Speciality
Pop in and Check them out

Two- Tone Chocolate Mousse Cake

Served with Raspberry Sorbet + Raspberry Dust
[Vegan \(1a,6,8,12\)](#)

Bakery Bread and Butter Pudding

Topped with butterscotch whipped cream **(1a,3,7,12)**

Warm Sticky Toffee Pudding

Served with madagascan vanilla ice-cream
and a silky toffee sauce **(1a,3,5,7,8,12)**

Panna Cotta

Raspberry, rose & lychee pannacatta,
meringue, raspberry sorbet tuile **(3,6,7,12)**

Meringue Roulade

Winter fruits , fresh cream , toasted almonds
+ vanilla ice cream
[Gluten Free \(3,7,8,12\)](#)

The West Ice Cream in the World

Every Week We Have New Flavours OR VEGAN SORBETS
with Toasted Nuts **(3,5,6,7)**

The Twelve Sundae

Chocolate & orange sundae white chocolate mousse,
crisp brownie, vanilla crème & orange meringue
(1a,3,6,7,8,12)

add Ice Cream Scoop €1.25 (7)

SPECIAL COFFEES & HERBAL TEAS

Our Barista Team will prepare everything
from espressos to your perfect flavored latte.

Solaris Herbal Teas :

Chamomile, Fruit , Peppermint, Green Tea
and Chocolate Chai

The Pins Gastro Bar

White Wine

Lg Gl's *175ml* Bottle

535 Italo Cescon, Pinot Grigio Italy, Lightness with Complexity	€11.00	€42.00
576 Calabuig, Macabeo Spain, Stone Fruit With Body	€8.50	€32.00
547 Carole, Chardonnay France, Full Fruit, Vibrant	€11.00	€42.00
502 les Sauterelles, Sauvignon Blanc France, Ripe Fruit, Fresh Peach	€10.50	€39.00
598 Natureo, Non Alcoholic Wine, Muscat Spain Stone Fruit, Fresh	€6.00	€22.00
558 Ladybird, Chenin Blanc South Africa, Full of Fruit	€11.00	€38.00
528 Azevedo Alvarinho Vinho Verde, Portugal Crisp, Fruit	€11.00	€39.00
596 Ferdinand Mayr, Gruner Veltliner Austria, Lively, Ripe Fruit & Spicy	€41.00	
563 Chateau Tahbilk, Marsanne Australia, Big Honeyed Apple	€46.00	
510 Dom. Deux Vallees, Chenin Blanc France, Crisp & Full Bodied Fruit	€42.00	

Rosé & Sparkling Wine

530 Principato, Blush Pavia, Italy, Strawberry Fruit	€12.00	€46.00
101 Piper - Heidsieck 150ml Chapagne Careful! Very Tasty	€25.00	€125.00
114 Prosecco, Glera 150ml Italy, Soft, Full	€9.50	€47.00
104 Prosecco, No Alcohol! Glera 150ml Italy, Bright & Fresh	€8.00	€30.00

Dessert Wines & Digestifs

Elysium Black Muscat- 125ml	€12.00
Essencia Orange Muscat - 125ml	€12.00
Connemara Peated Single Malt	€11.50
Redbreast Single Pot Still 21yrs	€23.50
Hennessy Fine de Cognac	€8.00
Martell XO	€18.00

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Red Wine

Lg Gls *175ml* Bottle

677 Calabuig, Tempranillo Spain Juicy Red Berry, Vanilla, Spice	€8.50	€33.00
703 Campo Del Moro, Tempranillo/Cab/Shiraz Spain Soft & Buttery Red Berry	€8.00	€30.00
656 Sopenia, Malbec Argentina Full Flavour Berry Fruit	€13.00	€44.00
649 Montgravet, Merlot France Medium, Fruit Driven	€8.00	€31.00
614 Les Argelières, Pinot Noir France Soft, Smooth, Silky Fruit	€11.00	€42.00
680 Barahonda, Monastrell Spain Full Bodied, Dried Fruit	€10.00	€38.00
689 La Sapata, Babeasca Neagra Romania Full Ripe Velvety Cherry		€45.00
616 Thörle, Pinot Noir Germany Dark Fruit, Herbal, Acidity		€36.00
716 Sprigione, Reserva, Merlot, Montepulciano Italy 2012, Dry, Soft Tannin and Full of Savory Fruit		€90.00
600 Natureo, Non Alcoholic Wine, Syrah Spain Exquisite Fruit, Spice	€5.50	€ 21.00

COCKTAILS & LIBATIONS

Please see our listing of over 200 Other Drinks.
Non Alcoholic Wines, Vegan Wines & Gluten Free
Beers
are Available!!

**THERE ARE 400 WINES
ON WEST'S LIST!**