

# Upstairs @ West



**The award winning Upstairs@West restaurant  
is located on the first floor.**

**Dinner is served Wednesday to Saturday from 6pm until late**

**3 course Great Tastes Menu  
with a complimentary house cocktail for €30**

**Available: Wednesday & Thursday 6PM-9PM      Friday 6PM-7PM,  
Saturday 6PM-7PM      Sunday 6PM-7PM**

Join us on  [www.facebook/upstairsatwest](http://www.facebook/upstairsatwest)

# SMALL PLATES

**IN HOUSE CURED SLOE GIN AND WILD FENNEL SALMON \* €10.50**

Killary Oyster Emulsion, Sea Purslane

**CRISP CASTLEMINE PIG EAR TERRINE €9.50**

Apple, Cauliflower and Scratchings

**THORNHILL DUCK HEART RAVIOLO €10.50**

Duck consommé, Girolles, Seared Foie Gras

**SHEEP'S YOGHURT PANNA COTTA €9.50**

Chia Seed, Beetroot, Pickled Tomato, Jerusalem Artichoke  
Elderberry Vinegar

**CONNEMARA CRAB RISOTTO €9.80**

Smoked Scallop Roe, Aged Parmesan

**THIS EVENING'S ORGANIC SOUP OF THE MOMENT \* €7.50**

**MARTY'S KILLARY HARBOUR ROPE MUSSELS \* €8.70**

Chorizo, Sea Lettuce Marinara,  
Seaweed Soda Bread

## ***TRUST US – THE SOMMELIER***

**Create a great, fun dining experience by placing your wine choice in our Sommelier's hands. We will choose 3 cracking glasses of wine to complement your dinner choice.**

**Just €22.**

## ***\*TRUST US – THE CHEF & SOMMELIER***

**8 Course Tasting Menu focused on the best local products available to us**

**Just €65 per person**

**Add 4 glasses of Wine by our Sommelier Just €30**

**Or Premium Selection €55**

**\*2 to 6 persons**

**Dishes with a \* are/can be gluten free**

**Please inform us of any dietary restrictions and we will be happy to oblige**

**Allergen Information Available Upon Request**

# LARGE PLATES

**WE USE ONLY THE FINEST OF MEAT FROM BORD BIA APPROVED SUPPLIERS.  
ALL OF OUR BEEF IS IRISH DRY AGED HEREFORD  
COOKED ON OUR SPECIAL GRILL.  
OUR COASTAL LOCATION GIVES US ACCESS TO THE FRESHEST OF FISH**

**SIGNATURE DISH OF PRIME HEREFORD 21 DAY DRY AGED  
COTE DE BOEUF FOR TWO \* €57.00**

Cashel Blue Béarnaise, Jus, Triple Cooked Dripping Chips

**THORNHILL DRY AGED DUCK BREAST \* €28.00**

Duck Sausage, Fermented Carrot and Blood Orange Salad, Carrot Puree, Granola

**CASTLEMINE AGED LAMB \* €26.90**

Loin, Pressed Lamb Belly, Sweetbread,  
Pea, Wild Mint, Gnocchi, Lamb Jus

**LOCAL CATCH OF THE DAY \* (M.V.)**

**BARNA LOBSTER €30.00**

Butter Poached Tail, Agnolotti, Summer Vegetables, Lobster Broth

**HEREFORD 21 DAY DRY AGED SIRLOIN STEAK \* €28.00**

Roasted Mushroom Puree, Air Dried Beef and Potato Salad,  
Crisp Bone Marrow, Lemon Thyme and Peppercorn Jus

**SAFFRON BRAISED FREEKEH (V) €19.00**

Spring Peas, Buttermilk Curds, Toasted Pine Nuts

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**Allergen Information Available Upon Request**

**ALL PRICES INCLUDE VAT**

# *IRISH ARTISAN CHEESE MENU*

Take a gourmet tour of Ireland's finest examples of hand crafted cheeses. The following is just a small sample of what is available

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## *THE CHEESE TROLLEY*

**YOUNG BUCK BLUE, CO. DAWN**

Made by hand using Ireland's finest raw milk

**ARAN ISLANDS CHEESE**

**CO. GALWAY**

Gabriel Flaherty's fresh goat's cheese is one to taste and definitely to watch. Expect many awards – You read it here first.

**DURRUS FARMHOUSE CHEESE, CO. WEST CORK**

Deep flavour, natural rind washed cheese, pasteurised

**DURRUS SMOKED CHEESE, CO. WEST CORK**

Semi soft cheese made and cured by hand, pasteurised

**COOLEA FARMHOUSE CHEESE, CO. WEST CORK**

Gouda style cheese, made with raw milk

**MILLEENS CO CORK**

Milleens is a soft, washed-rind cheese made from Raw cows milk on the rugged Beara peninsula of South West Ireland

**WICKLOW BAN BLUE BRIE CHEESE**

Pasteurised milk, soft and creamy

**Taste 5 - €10.50      Taste 7 - €14.50**

All Served With Sheridans Crackers and Garnishes

**Cheese and Wine Pairing**

Allow our sommelier to choose a perfect flight of port and dessert wine to complement your selection

3 Tasting Shots €11.00

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## **True to the Region, True to the Season]**

*Local seasonal foods are tastier, fresher and more nutritious.*

*Why? It's because the produce has been harvested in the last few days and has only travelled a short distance to market. This means less packaging, processing and refrigeration. All good for the environment (no flying in food from all corners of the planet ) and your health.*

### **IN SEASON THIS MONTH**

*Asparagus, Aubergine, Purple Broccolis, Wild Garlic, Rhubarb,  
Wild Mint, Jerusalem Artichoke, Peas*

### **OUR SUPPLIERS –THE TWELVE APOSTLES**

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<b><u>Meat</u></b>	<b>James McGeough Butcher Castlemine Farm, Brendan &amp; Derek, Roscommon</b>
<b><u>Poultry</u></b>	<b>Bertram Salter, Free Range Poultry, Co Carlow Thornhill Dry Aged Ducks, Co Cavan</b>
<b><u>Fishmonger</u></b>	<b>Stefane, Gannet Fishmongers</b>
<b><u>Mussels</u></b>	<b>Marty's Mussels From Killary Harbour</b>
<b><u>Fruit &amp; Vegetables</u></b>	<b>Beechlawn Organics , Caragh's Micro Greens,</b>
<b><u>Dry Goods</u></b>	<b>Pallas Foods, La Rousse Foods</b>
<b><u>Dairy</u></b>	<b>Cuinneog ,Co. Mayo, Velvet Cloud, Co Mayo</b>

***Head Chef - Martin O'Donnell    Bakery - Norma Minogue  
Wine - Fergus O' Halloran & Mathieu Teulier***