



Glas

30-Mile Menu

At Glas we believe passionately in bringing our community into our kitchen. We are proud to bring you this 30-mile menu where every ingredient is sourced in County Clare not more than 30 miles 'as the crow flies' from our hotel.

Suppliers

Foraged ingredients from Thalli Foods, charauterie & pork from Lunasa farm Quin, whole lobster & crab from Michael O'Connell of Doolin, wild game from gormet game, Seafood by CS Fish in Doonbeg, organic vegetables from Moy Hill & Nolan's Farm, oysters from Flaggy Shore Oyster, potatoes by Annie & Ronan Nolan, chocolate from Hazel Mountain, cheese from Aillwee, St. Tola & Cratloe Hill, herbs from our polytunnel, Dairy from Carron.

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Starters

Vichyssoise Soup | Doolin Crab | Crème Fraîche | Crab & Chive Oil €10

2, 7, 12

Michael O'Connell's Crab Claws | White Wine | Garlic | Dill Oil €19

2, 7, 12

Lúnasa Pork Belly | Meere's Black Pudding €12

9, 12

Flaggy Shore Oysters | Shallot & Raspberry Vinaigrette €9

12, 14

Beetroot & St. Tola Curd | Mizuna Leaf | Pickled Beet | Swede & Watercress €12

7, 4

1. Gluten 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts 6. Soybeans 7. Milk 8. Nuts 9. Celery
10. Mustard 11. Sesame Seeds 12. Sulphur Dioxide and Sulphites 13. Lupin 14. Molluscs





Mains

Kilshanny Lamb Chops | Mint Paste | Lamb Jus | Charred Baby Courgette €26

9, 12

Burren Beef Steak | Green Peppercorn Sauce €36

9, 12

Aran Monkfish On The Bone | Nduja Vin Blanc €26

4, 7, 9, 12

Moher Lobster | Garlic Butter Sauce | Dill Oil €45

2, 7, 9, 12

Moyhill Vegetable Tian | Capsicum | Courgette | Tomato Coulis | Basil Oil €18

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All mains served with Moyhill tenderstem broccoli & Nolan's new potatoes.

7

Two courses €60.00

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Desserts

Apple Pie | Crème Anglaise

€10

1, 7

Bread & Butter Pudding | Homemade Ice-cream

€10

1, 7

Vegan Chocolate Mousse | Raspberry Sorbet

€10

6, 8

Clare Cheese Plate | Crackers | Chutney

€10

1, 7, 9, 12

Tiramisu

€10

1, 7

Three courses €65.00

1. Gluten 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts 6. Soybeans 7. Milk 8. Nuts 9. Celery

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Starters

Vichyssoise Soup Doolin Crab Crème Fraîche Crab & Chive Oil	2, 7, 12
LÚnasa Pork Belly Meere's Black Pudding	9, 12
Beetroot & St. Tola Curd Mizuna Leaf Pickled Beet Swede & Watercress	7, 4

Mains

Roast Sirloin of Burren Beef Green Peppercorn Sauce	9, 12
Aran Monkfish On The Bone Nduja Vin Blanc	4, 7, 9, 12
Moyhill Vegetable Tian Capsicum Courgette Tomato Coulis Basil Oil	0
All mains served with Moyhill tenderstem broccoli & Nolan's New Potatoes In Butter	7

Desserts

Apple Pie Crème Anglaise	1, 7
Vegan Chocolate Mousse Raspberry Sorbet	6, 8
Clare Cheese Plate Crackers Chutney	1, 7, 9, 12

1. Gluten 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts 6. Soybeans 7. Milk 8. Nuts 9. Celery
10. Mustard 11. Sesame Seeds 12. Sulphur Dioxide and Sulphites 13. Lupin 14. Molluscs