



# 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 gourmet game, Seafood by Garrihy's of Doolin, organic vegetables from Moy Hill & Nolan's Farm, eggs from Moy Hill, oysters from Flaggy Shore Oyster, potatoes by Annie & Ronan Nolan, chocolate from Hazel Mountain, cheese from Aillwee, St. Tola & Cratloe Hill, herbs and salads from our polytunnel, dairy from Carron, desserts and breads made in house from local ingredients.



# Glas

## 30-Mile Lunch Menu

### Starters

Leek & Potato Soup

Mackerel

cabbage, carrot

St Tola's Curd

beetroot, mizuna

### Mains

Roast Burren Beef

yorkshire pudding, beef jus

Cod

leek, chard, spinach, whey

Roast Celeriac

yeast, cheddar sauce

All mains come with

honey roast carrot and parsnip brown butter potatoes

### Desserts

Clare Cheese Plate

cracker, apple chutney

Raw Milk Ice Cream

honey, apple, oat

Chocolate Brownie

caramel, chocolate

2 course €30pp | 3 course €35pp

