



STARTERS

APPLE INFUSED CRAB	€9.95
Fresh white crab meat, infused with sweet apple, lightly bound and drizzled with a lime mayonnaise.	
STEAMED FRESH MUSSELS	€9.95
Steamed Bantry Bay mussels, cooked in a white wine & garlic cream.	
WAVES SEAFOOD COCKTAIL	€7.40
Our selection of poached local seafood topped with our own Marie-Rose sauce.	
SMOKED SALMON CORNET.	€11.40
Thinly sliced oak-smoked salmon, stuffed with a crab-meat filling, served with crisp leaves & house dressing.	
ITALIAN BRUSHETTA	€6.95
Crispy Italian ciabiatta bread topped with tomato concasse and gratinated with a duo of cheese.	
“PRAWN STYLE” HOUSE SALAD	€7.20
Delicious prawns, served with seasonal house salad, drizzled with a combination of dressings.	
GOLDEN FRIED FISH CAKE	€5.95
Deep-fried salmon & leek potato cake accompanied with tossed salad.	
WARM CAESAR SALAD	€6.70
Classic caesar salad of cos lettuce, diced garlic croutons, Parmesan shaving and warm chicken strips, anchoive dressing, all in a crisp golden basket.	
DUCK LIVER PATE	€6.70
Buttered toast, house cumberland sauce & crisp salad leaves.	
OAK SMOKED SALMON	€9.95
Traditional smoked salmon plate, topped with capers & red onion marmalade, seasonal salad.	
CHILLED PRAWN COCKTAIL	€6.95
Chilled prawns on a bed of shredded lettuce & diced apple, topped with a seafood sauce.	
TRADITIONAL CHILLED OYSTERS	
Served on a bed of crushed ice	
1/2 Dozen	€14.00
1 Dozen	€28.00
~~~~~	
<b>CREAM SOUP OF THE EVENING</b>	<b>€ 4.20</b>
<b>WAVES FISH SOUP</b>	<b>€ 6.95</b>

(All served with brown soda bread)



## **MAIN COURSES**

<b>CUSHION OF SALMON</b>	<b>€14.95</b>
<b>Baked cushion of salmon served on a bed of creamy spring onion mash, drizzled with a rich hollandaise sauce.</b>	
<b>RAINBOW TROUT</b>	<b>€14.95</b>
<b>Baked whole rainbow trout, filled with a savoury stuffing, glazed with a sweet-chilli butter.</b>	
<b>BAKED FILLET OF HAKE</b>	<b>€17.20</b>
<b>Baked fillet of hake, topped with a coating of horseradish sauce &amp; smoked salmon, drizzled with a citrus herb butter.</b>	
<b>PAUPIETTES OF PLAICE</b>	<b>€23.95</b>
<b>Stuffed with a delicious crabmeat filling, drizzled with a fennel &amp; prawn cream.</b>	
<b>WAVES SEAFOOD SELECTION</b>	<b>€24.95</b>
<b>Steamed selection of local seafood, served with a duo of sauces. (Signature dish)</b>	
<b>MONKFISH CAFE DE PARIS "STYLE"</b>	<b>€19.60</b>
<b>Baked fillet of monktail placed on a bed of sauted new potatoes, Topped with a café de Paris butter.</b>	
<b>SEARED FRESH SCALLOPS</b>	<b>€19.95</b>
<b>Scallops placed a slice of baked potato, topped with bacon and mushroom, drizzled with lemon butter sauce.</b>	
<b>SURF 'N' TURF</b>	<b>€28.95</b>
<b>Prime medallions of beef fillet, accompanied with garlic roasted Dublin prawns.</b>	
<b>GRILLED FILLET OF PLAICE</b>	<b>€13.95</b>
<b>Grilled fillet of plaice, placed on a bed of pea puree, topped with a herb butter.</b>	
<b>DUO OF SALMON &amp; MONKFISH</b>	<b>€23.95</b>
<b>Grilled duo of salmon &amp; medallions of monkfish, served with creamy champ, glazed with a tomato &amp; basil sauce.</b>	
<b>SEARED COD FILLET</b>	<b>€15.95</b>
<b>Seared fillet of fresh cod, served on a bed of diced bacon &amp; mushroom, glazed with a dill cream.</b>	
<b>LEMON SOLE ON THE "BONE"</b>	<b>€17.90</b>
<b>Grilled whole lemon sole on the "bone" Simply accompanied with a herb butter.</b>	
<b>FISHERMAN'S PLATTER</b>	<b>€19.95</b>
<b>Selection of our cold seafood, Platter style includes: Smoked Salmon, Prawns, Crab Meat, Mussels &amp; Salmon with crisp leaves &amp; seafood sauce.</b>	



**SCALLOPS "THE CHEFS WAY" €21.50**

**Pan fried scallops with Italian chorizo sausage,  
done with a café de paris butter "simply delicious"**

**VEGETARIAN DISH OF THE DAY €10.95**



***'FOR MEAT LOVERS'***

**CONFIT OF DUCK €19.95**

**Confit of half duck, filled with a white pudding & Plum stuffing,  
glazed with an orange sauce.**

**CHICKEN CHORIZO €15.40**

**Oven baked fillet of chicken, filled with potato & chorizo stuffing,  
glazed with a spicy cream sauce.**

**STEAKS**

**FILLET STEAK (10OZ) €24.95**

**MINUTE STEAK (8OZ) €18.95**

**SIRLOIN STEAK (12OZ) €22.95**

**(ALL OUR STEAKS SERVED WITH SAUTE ONION & MUSHROOMS)**

**CHOICE OF: GARLIC BUTTER, PEPPER SAUCE, CAFÉ DE PARIS BUTTER**



**All Main Courses served with new boiled potatoes  
& Market Vegetable**



**Please Allow proper cooking times for each dish as  
all our food is cooked to order.  
Some of our fish may contain bones.**