



Entertainment Complex

# MENU

Welcome to  
*Strikes Bar & Restaurant*



All our meat & poultry dishes are locally sourced from Irish farms in relation to the Feile Bia Scheme



## Appetisers

**Chef's Homemade Vegetable Soup** €3.95  
Served with Crusty Roll

**Fresh Garlic Ciabatta Bread** €3.95  
**With Cheese** €4.95

**Baked Potato Skins** €6.95  
Filled with Bacon & Cheese  
Served with Sour Cream

**Skewered King Prawns** €6.95  
Served on Mixed Salad, Chilli & Garlic

**Italian Style Brochette:** €5.95  
Freshly Toasted Ciabatta Bread  
Topped with Chopped Tomatoes & Garlic & Mozzarella

**Grilled Clonakilty Black Pudding** €5.95  
With Poached Egg Salad, Crispy Bacon & Fresh Pesto

**Grilled Chicken Caesar Salad** €5.95  
Served with Crispy Bacon & Garlic Croutons,  
Fresh Parmesan & Caesar Dressing

## Arena7's Bowlers Basket:

Chicken Wings, Chunky Potato Wedges,  
Nacho Chips, Onion Rings,  
Served with Sour Cream & Salsa

€8.50 (for 2), €12.50 (for 4) or €14.50 (for 6)



## From The Farm

**12 oz Sirloin** €24.95  
Cooked to Your Liking topped with Mushrooms, Onions,  
Pepper Sauce & a Side Order of Your Choice

**10 oz Prime Irish Sirloin,** €20.95  
Cooked to your liking. Served with Tobacco Onions  
& Creamy Peppercorn Sauce & a Side Order of Your Choice

**BBQ Steak & Chicken:** €21.95  
8 oz Sirloin Steak topped with Cajun Chicken, Melted  
Cheddar & Tobacco Onions

**Surf & Turf:** €21.95  
10 oz Prime Irish Sirloin, Skewered King Prawns,  
Garlic & Chilli Butter

**Steak Sandwich:** €14.95  
6 oz Sirloin Steak topped with Mushroom & Onion  
Served on Toasted Garlic Ciabatta with Peppercorn Sauce  
& a Side Order of Your Choice

**Bangers & Mash:** €10.95  
Grilled Pork Sausages served with Champ Potatoes,  
Sauté Onions & Pan Gravy

**Strikes Steak-Burger:** €12.95  
Homemade Steak-Burger topped with Smoked Bacon  
& Cheese or Sauté Onions & Relish

**Pan Roasted Pork Fillet** €14.95  
Served on Spring Onion, Mash Apple & Rosemary Cream  
& a Side Order of Your Choice

**Spiced Beef Enchilada** €14.95  
Served with Salsa & Sour Cream & a Side Order of Your Choice

## Seafood Dishes

**Traditional Fish & Chips:** €11.95  
Fresh Fillet of Haddock Cooked in a Light Beer Batter  
Served with Chips & Mushy Peas

**Oven Baked Irish Salmon** €16.95  
Served on Sweet Chilli & Coconut Noodles

**Seafood Linguini** €16.95  
Selection of Fresh Seafood Cooked in White Wine,  
Cream & Garlic & Tarragon Cream Sauce



## The Italian Corner

**Italian Style Lasagne Bolognese** €13.95  
Served with Garlic Bread & Tossed Salad

**Penne Pasta Carbonara:** €12.95  
Penne Pasta Tossed in Bacon & Mushroom Cream Sauce,  
Fresh Parmesan & Garlic Bread

**Spiced Chicken Ragout:** €13.95  
Strips of Chicken & Spiced Chorizo Sausages, Red Onion  
Cooked in Fresh Tomato & Basil Sauce with Penne Pasta  
& Fresh Parmesan

## Chicken Coupe

**Creamy Chicken Curry:** €13.95  
Chefs Own Curry Sauce with Chicken Pieces & Vegetables  
Served with Basmati Rice & Prawn Crackers

**BBQ Chicken Breast:** €14.95  
Breast of Chicken topped with BBQ Sauce with Cheddar  
Cheese & Tobacco Onions

**Chicken Fajita:** €14.95  
Chicken Strips Dusted in Fajita Seasoning, Bell Peppers  
& Onion Delivered Sizzling to Your Table  
Served with Sour Cream & Salsa

**Southern Fried Chicken Goujons:** €12.95  
Homemade Chicken Coated in Southern Fried Crumb  
Served with Crispy Onion Rings, Garlic & Barbecue Dip  
& Served with a Side Order of Your Choice

**Oriental Chicken Noodle Bowl:** €13.95  
Oriental Style Stir Fried Chicken & Vegetables.  
Served with Noodles or Rice

**Cajun Chicken:** €15.95  
Cajun Chicken Escalope topped with Grilled Goats Cheese  
Served with Stir Fried Vegetables

**Creamy Sweet Chilli Chicken Bowl:** €14.95  
Stir Fried Chicken Strips, Crispy Vegetables  
Served with Noodles or Rice



## Arena7 Specials

**Roast Sirloin of Beef & Creamy Pepper Sauce** €14.95  
Served with Potatoes & Fresh Vegetables

**Roast Stuffed Turkey & Glazed Donegal Ham** €11.50  
Served with Potatoes, Fresh Vegetables & Pan Gravy

## Vegetarian Dishes

**Mediterranean Vegetable Tartlet:** €14.95  
Mediterranean Vegetables topped with Goats Cheese  
& Fresh Pesto Sauce with Mixed Salad

**Mixed Vegetable Stir Fry:** €13.95  
Served with Egg Noodles, Sesame Soup & Ginger

## Salad Bowls

**Warm Chicken Salad:** €13.95  
Chicken Strips Drizzled with Honey & Ginger,  
Sauté Potatoes & Tossed Salad

**Cajun Chicken Caesar:** €13.95  
Traditional Chicken Caesar Salad Grilled Chicken,  
Crispy Bacon, Garlic Croutons, Cos Lettuce, Parmesan  
& Fresh Pesto

## Side Orders

Mashed Potatoes €3.50

Baby Potatoes €3.50

Garlic Potatoes €3.50

Sauté Onions €3.50

Tossed Salad €3.50

Chunky Homemade Chips €3.50

Medley of Vegetables €3.50

French Fried Onions €3.50

Sauté Onions €3.50



## Children's Menu

Breast of Chicken & Chips	€6.50
Lasagne & Chips	€6.65
Spaghetti Bolognaise	€6.65
Pasta Bowl & Tomato Sauce	€6.00
Mashed Potato, Vegetables & Gravy	€5.00
Vegetarian Burger & Chips	€6.15
Hamburger & Chips	€4.50
Quarter Pounder & Chips	€5.45
Bowler Burger & Chips	€5.45
Chicken Burger & Chips	€5.70
Chicken Fillet Burger & Chips	€6.25
Chicken Bites & Chips	€5.80
Sausage & Chips	€4.50
Fish & Chips	€4.50
Children's Desserts	€3.50

## Desserts

Homemade Cheesecake of the Day	€5.25
Homemade Sticky Toffee Pudding Served with Butter Scotch Sauce	€5.25
Messy Meringue & Fresh Fruit Cocktail with Fruit Coulis	€5.25
Baked Alaska in a Cappuccino Cup	€5.25
Steamed Chocolate Pudding & Vanilla Pod Ice Cream	€5.25
Homemade Sherry Trifle Served with Custard & Fresh Cream	€5.25
The A7 Ice Cream Sunday With Chocolate Sauce	€5.25
Baked Apple Pie & Ice Cream	€5.25
Selection of Ice Cream	€5.25



## Dine & Bowl

### Starters

#### Chef's Homemade Vegetable Soup

Served with Crusty Roll

#### Grilled Chicken Caesar Salad:

Crispy Bacon & Garlic Croutons, Fresh Parmesan & Caesar Dressing

#### Chilled Atlantic Prawn Cocktail:

Mixed Leaves topped with Marie Rose Sauce

#### Baked Potato Skins

Filled with Bacon & Cheese served with Sour Cream

#### Deep Fried Mushroom

Served on a Mixed Salad with Garlic Mayonnaise

### Main Course

#### 8 oz Prime Irish Sirloin Steak,

Cooked to Your Liking, served with Crispy Onion Rings  
& Creamy Peppercorn Sauce

#### BBQ Chicken Breast,

Topped with BBQ Sauce, Melted Cheddar & Tobacco Onions

#### Chef's Homemade Chicken Curry

Served with Basmati Rice

#### Mixed Vegetable Stir Fry

Served with Egg Noodles Sesame Soup & Ginger

#### Grilled Fillet Of Salmon

Served on Coconut & Chilli Noodles

#### Southern Fried Chicken Goujons

Served on Mixed Salad with Garlic Mayonnaise & BBQ Dip

### Dessert

Please See Your Server for Tonight's Selection of Desserts

### Tea/Coffee

Served with Biscuit

**Two Courses,**  
Complimentary Tea/Coffee  
& Bowling €21.95

**Three Courses,**  
Complimentary Tea/Coffee  
& Bowling €25.95