

GLUTEN FREE MENU

www.kierans.com

Kieran's

IRISH PUB

Join Our Pub Club!

612.339.4499

PLATES TO SHARE

CHICKEN SHOTS*

Our signature appetizer, now with more flavors! Tender bite size chicken breast lightly breaded and tossed in your favorite sauce or spice 10.00

ORDER NO BREADING OR RICE FLOUR

Honey Whiskey Glaze | Traditional Buffalo Sauce
Dill Pickle Rub | Curry Seasoning | Scorpion Spice

Cauliflower Shots*

Bite size pieces of cauliflower lightly breaded and tossed in your choice of the same sauces and spices as the Chicken Shots 9.00

ORDER NO BREADING OR RICE FLOUR

Smoked Sausage Bites

Black pepper and sage sausages wrapped with applewood-smoked bacon drizzled with maple glaze 10.00

Baked Artichoke Dip

Creamy dip with artichoke, garlic and red peppers. Ciabatta and flatbread on the side 10.50

ORDER WITH GLUTEN FREE BREAD +2.00

Pot Roast Sliders

Three pot roast sandwiches, caramelized onions and horseradish cream sauce 10.50

Add a sandwich 3.50 | Add cheddar 1.00

ORDER WITH GLUTEN FREE BREAD +2.00

Wee Burgers

Three burgers with Fini sharp cheddar and caramelized onions on toasted brioche buns 10.25

Add a burger 3.50 | Add bacon 1.00

ORDER WITH GLUTEN FREE BREAD +2.00

Hummus Duo

House-made roasted garlic hummus & cauliflower hominy hummus served with kwik pickles, Feta & crispy fried pita bread 9.75

ORDER WITH GLUTEN FREE BREAD +2.00

Corned Beef Poutine

Thick cut fries with shredded corned beef, bacon, white cheddar and au poivre gravy 9.00

SHOTS/FRYER WARNING

We are unable to maintain a fryer that is 100% free of gluten. We have a rice flour mixture that can be used but will be in the same fryer as other items with gluten.

SANDWICHES

CLASSIC REUBEN

House recipe slow roasted corned beef, sauerkraut, melted Swiss and 1000 island dressing on toasted caraway rye bread 12.00

ORDER WITH GLUTEN FREE BREAD +2.00

Minnesota Burger

100% naturally aged Angus beef from Revier Cattle in Olivia, MN. On a toasted egg bun with Caves of Faribault's Fini cheddar cheese, served medium well with lettuce, tomato, onion and pickles 13.00

Add applewood-smoked bacon 1.00

ORDER WITH GLUTEN FREE BREAD +2.00

2 Gingers™ Chicken Sandwich

Grilled chicken with pepper jack, Applewood-smoked bacon, 2 Gingers™ steak sauce, lettuce, tomato and onion on an egg bun 11.50

ORDER NO SAUCE

ORDER WITH GLUTEN FREE BREAD +2.00

Walleye Sandwich

Potato flake crusted walleye with house tartar sauce, pickled onions and cabbage slaw on a hoagie 14.00

ORDER NO TARTAR SAUCE

ORDER WITH GLUTEN FREE BREAD +2.00

Smoked Turkey Rachel

Sliced smoked turkey, sauerkraut, melted Swiss and 1000 island dressing on toasted caraway rye 12.00

ORDER WITH GLUTEN FREE BREAD +2.00

Turkey Burger

Hand mixed turkey burger with mushroom and sweet potato, topped with tomato, lettuce and basil aioli on egg bun 12.00

ORDER WITH GLUTEN FREE BREAD +2.00

Cara Pub Club Sandwich

Candied pepper bacon & smoked turkey with red wine-dressed spinach, tomatoes & mayonnaise on a Ciabatta roll 12.00

ORDER WITH GLUTEN FREE BREAD +2.00

SEE PAGE 2 FOR ALLERGY STATEMENT

SOUP & SALAD

Chicken & Cheddar Chopped Salad

Applewood-smoked bacon, romaine, egg, chicken breast, red onion, grape tomato, and sharp cheddar served with herb vinaigrette 8.25 | 12.50

Pear, Beet & Brie Salad

Warm beet and pear salad, with caramelized chicory, maple granola, Brie cheese and poppy seed dressing 7.25 | 10.75

ORDER NO GRANOLA

Great Grains Salad

Quinoa, peppers, basil, capers, broccoli, sweet potatoes, spinach and avocado tossed with lime vinaigrette 7.25 | 10.75

Kieran's House Salad

Mixed greens and avocado tossed with herb butter-milk dressing and boiled eggs topped with potato crunchies 6.50 | 9.75

Salad Additions

Grilled Chicken 3.00 | Tofu 3.00*

Steak 7.50 | Salmon 4.00 | Crispy Chicken 3.00*

Bacon 2.00 | Ham 3.00

***see fryer warning on pg1**

SALAD WARNINGS

Our Caesar and Blue Cheese dressings both contain gluten.

Baked Tomato & Cheddar Soup

Creamy tomato basil soup, crouton & melted sharp cheddar
Cup 3.75 | Bowl 5.75

ORDER NO BREAD

Today's Soup

Chef's seasonal selection
Cup 3.75 | Bowl 5.75

ASK YOUR SERVER

Carairishpubs.com/pub-club

Join Today!

Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, pork, poultry or shellfish reduces the risk of food-borne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked.

PUB CLASSICS

Kieran's Fish & Chips

Sustainably caught North Atlantic Cod fried light and crispy in house-made beer batter, served with fries and tartar sauce 14.75

ORDER BROILED, NO TARTAR

Pub Pot Roast

Slow roasted tender beef, braised carrots, mushrooms and cipollini onions served with mashed potatoes, topped with au jus 16.75

Steak Cottage Pie

Tender beef, roasted root vegetables in a rich, hardy jus topped with a mashed potato crust 15.50

Cedar Plank Salmon

Salmon filet roasted on a cedar plank served with a strawberry, pear, and root vegetable hash, potato crunchies and balsamic reduction 17.75

Corned Beef & Cabbage

We slow-roast our corned beef for ten hours. Served with parsley sauce, braised cabbage, carrots and potatoes 15.75

CHEF SPECIALTIES

Broiled Pistachio Walleye

Broiled walleye fillet topped with honey butter & pistachio served with Maitake & Hon Shimeji mushrooms, squash and wild rice 20.50

House Curry

Sweet peas, mushrooms, peppers, bok choy, yellow curry, steamed basmati rice with a side of cucumber raita. Your choice of chicken or tofu 15.50

ORDER NO POPADOM

IF TOFU, SEE FRYER WARNING ON PG1

Pub Steak

Chef's Choice!

Ask your server what we are serving today!

MARKET PRICE

ASK YOUR SERVER

ALLERGY STATEMENT

Kieran's Irish Pub is not an allergen-free restaurant. We make our best effort to give correct food ingredient information. But due to the hand-crafted processes we use to create our menu items we cannot guarantee the allergen content of any menu item. Guests with food sensitivity or dietary needs should not rely solely on menu information for deciding what to consume and are individually responsible for ensuring that menu items are ordered specifically for their dietary needs

SIDES & SNACKS

Plate of Chips

Crispy potato fries with sea salt 2.25 | 5.25

Sweet Potato Fries

Tossed with sea salt 3.25 | 7.25

Candied Bacon

Our thick cut candied bacon served up as a snack.
Mmm...bacon 5.00

Mashed Potatoes

Mashed fresh daily with butter and cream 4.00

Roasted Carrots with Feta & Hot Peppers

Fresh carrots roasted with charred house 7 pepper blend and tossed with Feta cheese 7.00

Wild Rice & Mushroom

Wild rice, Maitake & Hon Shimeji mushrooms, squash, scallion & honey butter 7.00

Greens Salad

Greens, onion and carrot tossed in house vinaigrette 3.75

Kwik Pickles

A selection of our house made pickles from assorted vegetables 3.50

ORDER NO BREAD

DIPPING SAUCES – Beer Cheddar | House Ranch
7 Pepper Sauce | Spicy Mustard | Curry Sauce
.50 each

SWEET INDULGENCES

Irish Cream Cheese Cake Brûlée

Irish Cream made with 2 Gingers™ infused into our cheese cake with a crisp sugar crust with fresh berries 6.25

Add a shot of Irish Cream 3.00
(Sorry, not available for takeout)

ORDER NO GRAHAM CRUMBLE

Ice Cream Sundae

Two scoops of vanilla ice cream topped with fresh berries, chocolate & caramel sauce, topped with our fresh whipped cream 4.50

HAPPY HOUR SPECIALS

EVERY DAY UNTIL 6PM

(49 hours of happy a week)

\$2.00 OFF Draft Beer, Big Gingers,

Irish Coffees, House Liquors, and House Wine

\$2.00 OFF All Sharing Plates

OPEN FOR BUSINESS

Sunday – Tuesday | 11AM – 10PM*

Wednesday – Thursday | 11AM – 12AM

Friday – Saturday | 11AM – 2AM

Sporting Events at Noon or 1PM,

Open at 10AM

***12AM closing time on Event Nights**

LATE NIGHT MENU

Sunday – Tuesday | 9PM – 10PM

Wednesday – Thursday | 9PM – 11PM

Friday & Saturday | 10PM – 12AM

Weekend Brunch Buffet

~ Available Saturdays & Sundays ~

Served with a complimentary house bloody or mimosa and includes eggs done two ways, creamy hash browns, roasted herb potatoes, sausage, bacon, French toast, fruit, yogurt, granola & assorted pastries 13.99

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