



LUNCH MENU  
1.00PM- 3.00PM

**GOURMET SANDWICHES**

**DRESSED TUNA & AVOCADO**

PICKLED RED ONION, TOASTED SOURDOUGH  
BREAD  
(WHEAT, EGGS, NUTS, MUSTARD, SULPHITES, DAIRY,  
SESAME, FISH)  
€9.95

**BAKED HAM, TOMATO & MATURE CHEDDAR**

COLESLAW, MULTI SEED BROWN BAP  
(WHEAT, EGGS, NUTS, MUSTARD, DAIRY, SESAME SEEDS)  
€9.50

**CHICKEN TIKKA & RED ONION WRAP**

JULIENNE GREENS, CUCUMBER YOGHURT  
(WHEAT, EGGS, NUTS, MUSTARD, DAIRY, SESAME SEEDS)  
€10.50

**CHARGRILLED HALOUMI CHEESE,  
AVOCADO, SUNDRIED TOMATO,  
BASIL PESTO**

DRESSED AUBERGINE & POMEGRANATE SALAD,  
SOURDOUGH BREAD  
(WHEAT, EGGS, NUTS, MUSTARD, DAIRY, SESAME SEEDS)  
€11.95

**SOUP AND SALADS**

**WHOLESOME SOUP OF THE DAY**

HOMEMADE IRISH BROWN SODA BREAD  
(WHEAT, EGGS, NUTS, MUSTARD, DAIRY, SESAME SEEDS)  
€7.50

**BAILY & KISH (HOWTH) OAK SMOKED SALMON**

DRESSED BABY LEAF, LEMON, CAPERS, PICKLED  
VEGETABLES, MAYONNAISE  
(WHEAT, EGGS, NUTS, MUSTARD, FISH, SESAME SEEDS)  
€14.95

**TRADITIONAL SMOKED & FRESH FISH CHOWDER**

HOMEMADE IRISH BROWN SODA BREAD  
(WHEAT, EGGS, NUTS, MUSTARD, SHELLFISH, FISH, DAIRY  
SESAME SEEDS)  
€9.95

**TOSSED SUPER FOOD SALAD**

QUINOA, FETA CHEESE, CHICK PEAS  
BEETROOT, BABY SPINACH  
(WHEAT, EGGS, NUTS, MUSTARD, DAIRY, SESAME SEEDS)  
€9.50

**VEGAN MEZZE PLATTER**

CABBAGE & ONION BHAJI, FALAFEL,  
CRUDITÉS, OLIVES, HUMMUS, GREEN SALAD  
(WHEAT, NUTS, MUSTARD, SESAME SEEDS)  
SMALL €12.50  
LARGE €15.95

## MAIN COURSES



### **SLOW COOKED ROAST OF THE DAY**

CREAMED POTATOES, MELANGE OF VEGETABLE,  
ROAST GRAVY  
(WHEAT, EGGS, NUTS, MUSTARD, DAIRY, SESAME SEEDS)  
€18.95 (HALF PORTION- €14.95)

### **CHEF AMRAN'S SWEET CHILI CHICKEN**

STEAMED RICE, PRAWN CRACKERS  
(DAIRY, MUSTARD, SOY, WHEAT, SHELLFISH, SESAME SEEDS)  
€16.95

### **TRADITIONAL BEER BATTERED FISH & CHIPS**

PEA PUREE, COLESLAW  
(FISH, MUSTARD, SESAME SEEDS)  
€17.95

### **HERB CRUSTED GRILLED FILLET OF SALMON**

CREAMED POTATOES, TENDERSTEM BROCCOLI  
BEETROOT SALSA  
(DAIRY, MUSTARD, SESAME SEEDS, FISH, SHELLFISH)  
€17.95

### **CHARGRILLED IRISH BEEF BURGER**

GARLIC MAYO  
BRIOCHE BAP, FRENCH FRIES  
(WHEAT, EGG, MILK, NUTS, MUSTARD, SESAME SEEDS)  
€16.50

### **VEGETABLE RATATOUILLE & FETA CHEESE TART**

TOSSED SIDE SALAD, FRENCH FRIES  
(WHEAT, EGG, MILK, NUTS, MUSTARD, SESAME SEEDS)  
€16.50

## DESSERTS



### **LEMON MERINGUE TART**

FRUIT COULIS  
(WHEAT, EGG, MILK, NUTS)  
€9.50

### **WARM APPLE & CINNAMON CRUMBLE**

VANILLA ICE CREAM  
(WHEAT, EGG, MILK, NUTS)  
€9.50

### **WEXFORD STRAWBERRY MERINGUE NEST**

CHANTILLY CREAM  
(WHEAT, EGG, MILK, NUTS)  
€9.50

### **MANGO & PASSION FRUIT CHEESE CAKE**

FRESH BERRIES  
(WHEAT, EGG, MILK, NUTS)  
€9.50

## OUR REPUTED FOOD SUPPLIERS



### **FRANK DOYLE'S MEATS**

BRAY

### **KISH FISH (FRESH FISH & SHELLFISH)**

DUBLIN

### **CULLEN'S FRUIT & VEG**

WEXFORD

### **GLANBIA (DAIRY)**

ASHFORD

### **CONOR BULFROD FARM (MICRO CRESS)**

KILCOOLE

### **MUSGRAVE**

DUBLIN

