

Monday 16th Jan 2017

MENU

SOUP

Roasted Plum Tomato Soup with Parmesan & Basil.

6,9,10 € 5.00

Winter Vegetables Broth with Spring Onion & Parsley.

10 € 5.00

MAINS

Grilled Supreme of Free range Chicken served in a light Parsley Broth with Bok

9,1 € 13.00

Choy, Bean Sprouts, Baby Spinach, Spring Onion and Baby Carrots.

Cracked Black Pepper roasted Sirloin of Beef with glazed pearl Onions, Wild

9,10 € 14.00

Mushrooms & Brandy Veloute.

FISH OF THE DAY

Baked Fillet of Cod with a Crab smoked Salmon mousse and Pistachio Crust &

2,4,8

pickled candied Beetroot.

€ 14.00

VEGETARIAN

Roasted Potato and Vegetable gateaux layers of sliced potatoes baked and served

6

with Manchego and Oak smoked Cheddar Cheese with roasted Garlic & Black

€ 9.50

QUICHE **

Individual Butternut Squash, Basil & Chicken Tartlets with Melted Goats

1,3,4,6 € 7.00

TANDOORI SALMON & PRAWN SKEWERS **

Tandoori Salmon and Prawn Skewers with lemon, horseradish and chive sour cream

4,6, 8,10 € 11.00

BAKED SWEET POTATO **

Baked sweet potatoes topped off with smoked bacon, spring onion, sweetcorn &

6,12 € 7.00

manchego cheese

** ADD Salads or Vegetables TO ANY OF THE ABOVE 3 DISHES FOR AN EXTRA €4

CROQUE MONSIEUR

Sourdough Bread with Mustard Grain Bechamel, Thick Cut Back Bacon & Mature

1, 10,6, 12 € 8.00

White Cheddar Cheese

SALADS

Israeli Giant Couscous salad with Feta cheese, tomato, red Onion, Cucumber and Mint & Citrus Dressing.

1,6

Red Cabbage Slaw with giant golden Raisins, Pomegranate, Mango, Pineapple, Spring Onion, Coriander

6

& Crème Fraiche.

Red Organic Quinoa with Bean Sprouts, marinated Feta, cranberries, Walnuts, & Raspberry Vinegar

6,8

Dressing.

SMALL SALAD PLATE

€ 6.25

LARGE SALAD PLATE

€ 10.00

Allergen Index: 1. Gluten, 2. Crustaceans, 3. Eggs 4. Fish, 5. Soybeans, 6. Milk, 7. Peanuts, 8. Nuts

9. Celery, 10. Mustard, 11. Sesame, 12. Sulphites, 13. Lupin, 14. Molluscs.

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SANDWICH & COLD COUNTER MENU

ALLERGENS

SILVER COBB SALAD

Cos lettuce, Cherry Tomato, Thyme Poached Chicken, Smoked Bacon, Sweet corn, 6, 12
Cucumber & Avocado with Cashel Blue Cheese € 10.00

SMOKED SALMON ON HOMEMADE BROWN BREAD

Salmon & Dill Pate topped with smoked salmon, capers, red onion & dill. 1,4,6,8,11 € 9.00

FOCCACIA SAMBO

Ham, Rocket, Beef Tomato & Dubliner Cheese. 1,3,12,6 € 7.00

BRUSCHETTA WITH TOMATO & AVOCADO SALSA

Buffallo Mozzarella & Parma Ham 1,6,12 € 9.00

CHICKEN, TOMATO & GOATS CHEESE FOCCACIA

Oven Roasted Tomato & Basil Focaccia topped with Thyme Poached Chicken, 1,6,8,10,9 € 9.00

Tomatoes, Red Onion, melted Ardsallagh Goats Cheese & dressed Rocket Leaves.
WITH Soup OR Fries € 12.00

WITH Salad (3 Portions) € 13.00

CHICKEN & CHORIZO MELT

Thyme Poached Chicken with Chive and Chorizo Aioli on a sunflower & Chia Loaf
with melted Brie, Crispy Rocket & a Red Onion Salsa. 1, 8, 6, 5 € 8.00

WITH Soup OR Fries € 11.00

WITH Salad (3 Portions) € 12.00

GOURMET EGG & CRESS SANDWICH

Crushed Eggs mixed with homemade chives Mayo, Spring onions & freshly cut 1, 3, 5, 10 € 7.00

mustard cress served on a floury soft white Waterford Blaa.
WITH Soup OR Fries € 10.00

WITH Salad (3 Portions) € 11.00

WRAPS

Tandoori Chicken Wrap with Mixed Leaves, Carrots & Coriander. 1,3,10,11,8 € 7.00

Goats Cheese wrap with Rocket, Red Onion, Carrots & Herb Dressing. 1.6.7.8.10 € 7.00

Wrap WITH Soup OR Fries € 10.00

Wrap WITH Salad (3 Portions) € 11.00

**** KIDDIES MENU AVAILABLE PLEASE SEE TOP OF COUNTER FOR OPTIONS.**

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