

<b>Soup of the Day</b> (1.7.13)	<b>€6.95</b>
<b>Fresh Sandwich</b> Please ask your server for available options (2.7.9.13) (wheat flour)	<b>€10.95</b>
<b>Grilled Chicken Burger</b> Served on flatbread, topped with lemon & pickle mayo & stacked with seasonal leaves, crispy bacon, and tomato & caramelized red onion (2.4.7.9.13) (wheat flour)	<b>€14.95</b>
<b>Tandoori Chicken BLT Wrap</b> With seasonal leaves, crispy bacon, tomato and grilled chicken (1.2.9.13) (wheat flour)	<b>€13.95</b>
<b>Apricot Cous Cous, Feta &amp; Olive Wrap</b> Feta cheese, Italian olives, rocket leaves, cherry tomatoes, sweet onion and cous cous with apricot, nuts and mint (1.2.7.10.13) (pine nut)	<b>€13.95</b>
<b>Irish Beef Burger</b> Served on a toasted seeded bap with crisp leaves, tomato, Ballymaloe tomato relish, caramelized sweet onion and Irish porter cheddar cheese (2.7.9.12.13.14) (wheat flour, rye, barley)	<b>€14.95</b>
<b>Toasted Ham &amp; Cheese Wrap</b> Sliced Limerick ham, cheddar cheese, tomato and onion (2.7.13) (wheat flour)	<b>€12.95</b>
<b>All the above are served with a choice of Soup, Salad or Fries</b>	
<b>Hot &amp; Spicy Chicken Wings</b> Large helping of chicken wings coated with Frank's hot sauce, served with celery, blue cheese sauce and fries (1.2.4.7.9.13) (wheat flour)	<b>€14.95</b>
<b>Baked Goat's Cheese, Fig &amp; Prosciutto</b> Goat's cheese and walnut crumble and fig puree on sourdough flatbread, finished with rocket leaves, cherry tomatoes and Prosciutto (2.10.13) (walnut, semolina)	<b>€14.95</b>
<b>Vegan Fusilli Pasta (V)</b> Butternut squash, green peas, cherry tomato, sweet peppers and fresh herbs tossed in rocket pest with pine nuts (1.10.11) (pine nuts)	<b>€15.95</b>
<b>Smoked Salmon Pizza</b> Crispy garlic base finished with cream cheese, smoked salmon, capers, sweet onion and rocket leaves (2.5.7.13) (durum, semolina)	<b>€18.95</b>
<b>Wild Mushroom &amp; Leek Risotto (V)</b> Garnished with roasted almonds and truffle oil (1.7.10.13) <b>(Add Chicken or Tiger Prawns for €3.95) (prawn: 3)</b>	<b>€19.95</b>
<b>Pesto Chicken Caesar Flatbread</b> Cos leaves coated in creamy pesto Caesar dressing, crispy smoked bacon, pesto chicken topped with fresh parmesan, served on garlic flatbread (2.4.5.7.9.10.13) (cashew nut) (durum, semolina)	<b>€15.95</b>
<b>Roasted Cauliflower, Spicy Chickpea &amp; Tahini Lemon Dressing (V)</b> Seasonal leaves, roasted almonds and macadamia nuts, cherry tomato, belle peppers, spicy chickpeas, roasted cauliflower, stuffed olives and beetroot with Tahini dressing <b>(Add Chicken or Tiger Prawns for €3.95) (1.2.9.10.12.13) (almond, macadamia)</b>	<b>€15.95</b>
<b>Caramelized Goat's Cheese Salad</b> Caramelized goat's cheese with rocket leaves, cherry tomato, roasted beetroot, cucumber ribbons, sunflower & pumpkin seeds, pine nuts with sweet balsamic yoghurt <b>(Add Chicken or Tiger Prawns for €3.95) (7.10.13) (pine nut) (prawn: 3)</b>	<b>€14.95</b>

**Food Allergens** - 1. Celery 2. Cereals containing gluten 3. Crustaceans 4. Eggs 5. Fish 6. Lupin 7. Milk 8. Mollusks 9. Mustard 10. Nut 11. Peanuts 12. Sesame 13. Soya 14. Sulphur Dioxide & Sulphites

**All our fresh meat is of 100% traceable Irish origin**