

**Soup of the Day**

€6.95

Served with rustic bread (1.7.13)

Luxury Seafood Chowder

€8.95

Squid, mussels, prawns, salmon and white fish served with rustic bread (1.3.5.7.8.13.14)

Sandwiches**Toasted Sandwich**

€10.95

Fillings: Ham | Tuna | Turkey | Cheese | Tomato | Onion | Seasonal leaves

Bread: White | Brown | Wrap | Gluten Free

(2.5.7.13) (wheat flour)

Sliced Turkey, Feta & Rum Soaked Cranberry Wrap

€12.95

Feta cheese, cos leaves, cherry tomatoes, red onion, rum soaked cranberries and sliced turkey with rocket pesto (1.2.7.10.13) (pine nut, wheat flour)

Toasted Ham & Cheese Wrap

€12.95

Sliced Limerick ham, cheddar cheese, tomato, onion and tomato relish (2.7.13) (wheat flour)

BBQ Pulled Pork & Jalapeno Sandwich

€13.95

Slow roasted BBQ pulled pork sandwich, jalapeno, fried egg, cos leaves, tomato and onion (2.4.7.9.13) (wheat flour)

Grilled Chicken Burger

€14.95

Topped with BBQ mayo, cos leaves, crispy bacon, tomato and red onion (2.4.7.9.13) (wheat flour)

Irish Beef Burger

€14.95

Served on a toasted seeded bap with cos leaves, tomato, Ballymaloe tomato relish, sweet onion and Irish cheddar cheese (2.7.9.12.13.14) (wheat flour, rye, barley)

All the above are served with a choice of Soup, Salad or Fries**Vegan Burger**

€14.95

Grilled vegan patty, cos leaves, tomato, onion and tomato relish served on blaa bread with a jumbo pickle with chili tortillas and guacamole (1.2.10.13) (wheat flour)

Vegan Fusilli Pasta (V)

€14.95

Butternut squash, sugar snap peas, cherry tomato, sweet peppers and fresh herbs tossed in rocket pesto with pine nuts (1.10.11.13) (pine nut, cashew nut, almond)

(Tiger Prawns for €3.95) (prawn: 3)**Smoked Salmon Flatbread**

€14.95

Garlic flatbread with baked ricotta cheese, smoked salmon, capers, sweet onion and rocket leaves coated with fresh lemon juice (2.4.5.7.9.10.13) (durum, semolina)

Greek Salad & Spicy Chickpea (V)

€14.95

Cos leaves coated in creamy pesto dressing, spicy chickpeas, cucumber, cherry tomato, feta cheese stuffed olives topped with roasted almonds (2.4.7.9.10.13) (almond) (semolina)

(Tiger Prawns for €3.95) (prawn: 3)**Chicken Wings****Piri Piri BBQ or Lemon & Blood Orang****Small €9.95 | Large €15.95**

Chicken wings coated with Piri Piri BBQ sauce or lemon & blood orange sauce served with celery and blue cheese (1.2.4.7.9.13) (semolina)

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