

SERVED FROM 12PM  
MONDAY - SUNDAY



LIMITED MENU  
AFTER 4PM

## Lunch Menu

### SOUP

#### SOUP OF THE DAY

Please see our chalk board for today's soups, Served with our homemade brown bread €6

#### SEAFOOD CHOWDER

Served with our wholemeal brown bread €8.50

### GOURMET SANDWICHES

*All served with side of wildflower salads*

#### TOASTED SPECIAL

Serrano ham, Wicklow Brie, sun-dried tomatoes & red onion marmalade served on toasted Arun Sourdough €9.00

#### TUNA MELT (Open Sandwich)

Served with melted red cheddar, buffalo tomatoes & caramelised onion on Arun Sourdough €9.00

#### PESTO WRAP

Marinated chicken, melted mozzarella cheese, mixed peppers, red onion & homemade pesto served on a toasted wrap €9.00

#### HAM & CHEESE MELT

Served with buffalo tomatoes, red onion, mature cheddar & Ballymaloe relish on toasted sourdough €9

#### GRILLED HALOUMI & ROAST VEG

Served on toasted multi-seed bread drizzled with basil pesto mayo & mixed leaves €9

#### POACHED SALMON (OPEN SANDWICH)

With lemon & chive mayonnaise served on our homemade wholemeal brown bread €10.50

### EXTRAS

Cup of soup €3.50

Pot of fries €3.50

Sweet Potato fries €4

Dips – Garlic Mayo / Sweet Chilli/ Pesto Mayo/ Cajun Mayo / Ballymaloe Relish €1.60

### HOT DISHES

#### QUICHE OF THE DAY

Served with a selection of Wildflower salads €10.50

#### HOMEMADE CHICKEN GOUJONS

Served with mixed leaves, fries & sweet chilli dip €11

#### CHICKEN STIR FRY

Served on a sizzling hot plate with steamed rice €12.50

#### PIRI PIRI CHICKEN

Served on a toasted ciabatta with fresh mango salsa, mixed leaves, fries & coleslaw 13.00

#### BEER BATTERED COD

Served with homemade tartar sauce, pea puree & fries €13.00

#### STEAK SANDWICH

Served on an Italian style ciabatta with mixed leaves, sauteed onions & mushrooms & side of pepper sauce & fries €13.00

### SALADS

#### CHICKEN CAESAR SALAD

Crunchy cos lettuce, grilled chicken, crispy bacon, croutons, fresh parmesan shavings & low fat Caesar dressing €12

#### GARLIC PRAWN & AVOCADO SALAD

Served with mixed leaves, shredded peppers, carrot red onion & fresh chilli €13.00

#### WARM GOATS CHEESE SALAD

Served with fresh mango, beetroot, mixed leaves, chopped walnuts & balsamic dressing €12

### SPECIALS - Please See Blackboard

### DESSERT Any Cake & Tea/Coffee €6.50

**OUR CAKES ARE FRESHLY MADE IN-HOUSE  
PLEASE ASK FOR TODAY'S DESSERTS ☺**