



## LUNCH

AVAILABLE FROM 12NOON TILL 4PM

### Homemade Soup of the Day €4.95

With Crusty Bread Rolls or Brown Bread (cl,d,e,g)

## Salads

### Caesar Salad €7.50

Baby Gem Lettuce, Bacon Lardons, Parmesan Cheese, Croutons, Creamy Dressing (f,d,g,e,m)

Add Chicken €1.00

Add 3 Queen Prawns €2.00

### Superfood Salad €7.50

Beetroot, Seasonal Fruits and Berries, Cherry Tomato, Mixed Leaves, Super Quinoa, Toasted Almonds, House Dressing (m,n)

## Open Sandwich Combo

Served on Brown Soda Bread & Fries or Kupp of Homemade Soup (g, d, m, e)

Choose one of the following fillings:

- Oak Smoked Salmon (f)
- Roast Chicken
- Coldwater Prawn & Crab Meat, Marie Rose Sauce (ml)
- Bacon, Avocado & Feta Cheese
- Ham, Tomato, Red Onion & Cheddar Cheese

All Open Sandwiches Combo €9.50



## Tortilla Wraps

All Served with Side Salad, Fries or Kupp of Homemade Soup

### Smoked Salmon Wrap

Baby Gem, Mixed Peppers, Red Onion, Avocado Pear (d, f)

### “Smokey Chicken” Wrap

Home Smoked Sliced Chicken Breast, Parmesan Cheese, Bacon Lardons, Creamy Caesar Dressing (f,d,e,g,m)

### Quinoa Magic Wrap

Whole Wheat Wrap, Pumpkin Seed, Feta Cheese, Tomato, Red Onion, Peppers, Super Quinoa Seed, Side of Hummus (d,e g)

All Tortilla Wraps €8.95

## Freshly Baked Cakes & Treats

Please see Kupp Counter for our delicious selection (d,e,g,n)

### DID YOU KNOW?

**TAKE OUT OPTION AVAILABLE PLEASE ORDER WITH YOUR SERVER.**

**TO PREORDER FOR COLLECTION PLEASE CALL RECEPTION ON 056 7721122**