

# Salads.

**CAESAR SALAD** €5.00  
Chicken, streaky bacon, flaked cheese, croutons and cos lettuce drizzled with Caesar dressing 321 kcal

**CAPRESE SALAD** €5.00  
Mozzarella, sliced cucumber and tomato, black olives, rocket and spinach in balsamic dressing 164 kcal

**GREEK SALAD** €5.00  
Feta cheese, lettuce, red onion, cherry tomatoes and black olives tossed in balsamic dressing 154 kcal

**HAM SALAD** €5.00  
Premium baked ham and sliced egg with cucumber, red onion, peppers and tomatoes with mixed Italian lettuce tossed in a classic vinaigrette dressing 234 kcal

**NIÇOISE SALAD** €5.00  
Tuna, sliced egg, baby leaf lettuce, onion, cherry tomatoes and black olives in balsamic dressing 209 kcal

# Wraps.

**CHICKEN CAESAR WRAP** €4.50  
Chicken, streaky bacon, lettuce, flaked cheese, croutons and Caesar dressing in a tortilla wrap 534 kcal

**SUPERFOOD WRAP** €4.50  
Spinach, feta, roasted peppers and our signature superfood salad mix on a floury tortilla wrap 554 kcal

**CHICKEN TIKKA WRAP** €4.50  
Premium pulled chicken in spicy tikka sauce with baby spinach on a floury tortilla wrap 437 kcal

**SWEET CHILLI WRAP** €4.50  
Pulled chicken and sweet chilli jam with diced peppers, grated cheese and Italian mix lettuce in a tortilla wrap 535 kcal

# Hot bites.

**ASSORTED GOURMET PASTRIES** €2.50  
• Sausage Roll  
• Feta & Spinach Pastry  
• Moroccan Chickpea Pastry  
• Pinwheel Jambon up to 440 kcal

**GOURMET PIE** €5.00  
Handmade Irish pie of the day up to 273 kcal

**POTATO BITES** €2.00  
Choose from potato wedges or potato cubes up to 294 kcal

The calorie information shown is calculated using average figures and based on a typical serving size

Allergen information available at the **allergen station** on the deli counter





# Breakfast.

## BREAKFAST BURRITO

Scrambled egg, chorizo, potato cubes, relish, crispy bacon and Mexicana cheese in a tortilla wrap

€4.50

790 kcs

## IRISH BREAKFAST ROLL

Soft white Waterford Blaa roll with sausages, crispy bacon and black and white pudding

€4.50

700 kcs

## BREAKFAST WRAP

Sausages, streaky bacon, black pudding and scrambled egg with breakfast bbq sauce on a floury tortilla wrap

€4.50

846 kcs

## PORRIDGE

Rich and creamy porridge made from jumbo oats and real whole milk. Served with your choice of:

- Milled Flaxseed • Mixed fruit • Mixed nuts
- Sunflower seeds • Pumpkin seeds • Cinnamon
- Blueberries • Granola • Honey

€2.00

# Hot sandwiches.

## CHICKEN & STUFFING CIABATA

Torn breast of chicken with sage and onion stuffing on a crispy ciabata

€5.00

540 kcs

## HAM & CHEESE PANINI

Roasted ham and cheddar cheese with rocket and Ballymaloe relish in a nigella seed panini

€5.00

557 kcs

## CHICKEN KORMA PANINI

Mild and creamy chicken korma mix with peppery rocket on a nigella seed panini

€5.00

385 kcs

## HOT CHICKEN ROLL

A crusty white baguette, filled with sliced chicken breast fillet, iceberg lettuce and juicy tomato

€4.50

605 kcs

## TURKEY STUFFING PANINI

Roast turkey and streaky bacon with sage and onion stuffing, rocket and Irish cranberry relish on a nigella seed panini

€5.00

569 kcs

## RED THAI CHICKEN CIABATA

Spicy Thai red chicken with cool crème fraîche, rocket and roasted peppers in a crispy ciabatta

€5.00

331 kcs

## TUNA MELT MEZZALUNA

Tuna mayo with cheddar cheese, a kick of chilli jam and tender baby spinach on mezzaluna bread

€5.00

600 kcs

## CHICKEN PESTO MEZZALUNA

Premium chicken breast pieces with spinach, sun-dried tomatoes and roasted red peppers with pesto and crème fraîche on mezzaluna bread

€5.00

572 kcs

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Allergen information available at the allergen station on the deli counter

We serve breakfast all day!

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# Sandwiches & Rolls.

**EGG MAYONNAISE** €4.00  
Creamy egg mayonnaise with butter on good-for-you brown granary bread 295 kcal

**TUNA MAYONNAISE** €4.00  
Our tuna mayonnaise mix on wholesome brown granary bread 304 kcal

**CHICKEN & STUFFING** €4.50  
Premium chicken with sage and onion stuffing on crusty white bread 474 kcal

**CHICKEN & BACON** €4.50  
Premium chicken and streaky bacon on wholesome brown granary bread 442 kcal

**BBQ PULLED PORK** €4.50  
Premium pulled pork with applewood cheese, coleslaw and roasted peppers with BBQ sauce on a soft white Waterford Blaa roll 591 kcal

**HAM & COLESLAW** €4.50  
Premium roasted ham teamed with homemade coleslaw and baby leaf lettuce on granary bread 373 kcal

**HAM & CHEESE** €4.50  
Premium roasted ham and cheddar cheese with Ballymaloe relish on crusty white batch bread 491 kcal

**CRISPY BLT** €4.50  
Streaky bacon, baby leaf lettuce and sliced tomato on brown granary bread 351 kcal

**ULTIMATE CLUB** €5.00  
Sliced turkey, bacon, lettuce, tomato and mayo on white batch bread 583 kcal

**CAPRESE** €4.50  
Mozzarella balls, cherry tomatoes, black olives rocket with pesto and crème fraîche on a soft white Waterford Blaa roll 503 kcal

# Your style.

**SANDWICHES**  
**1 MEAT & 3 VEGGIES** €4.50  
Build your own sandwich.  
Add your favourite sauce.

**SALADS**  
**1 MEAT & 4 VEGGIES** €5.00  
Build your own tossed salad. Your choice of lettuce.  
Add your favourite dressing.

**EXTRA MEAT** €1.00  
**EXTRA VEG** €0.50

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