

Gourmet Sandwiches. (Suitable for heating)

BLT ON POLAR BREAD €4.00

Streaky bacon, rocket lettuce and ripe cherry tomatoes on Swedish-style polar bread

HAM & CHEESE PANINI €4.50

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

CHICKEN KORMA PANINI €4.50

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

RED THAI CHICKEN CIABATA €4.50

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

TUNA MELT MEZZALUNA €4.50

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

CHICKEN PESTO MEZZALUNA €4.50

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

Wraps.

CHICKEN CAESAR WRAP €4.25

Chicken, streaky bacon pieces, lettuce, parmesan, croutons and Caesar dressing in a tortilla wrap

SUPERFOOD WRAP €4.25

Spinach, feta, roasted peppers and our signature superfood salad mix on a floury tortilla wrap

CHICKEN TIKKA WRAP €4.25

Premium pulled chicken in spicy tikka sauce on a floury tortilla wrap

SWEET CHILLI WRAP €4.25

Pulled chicken and sweet chilli jam with peppers, grated cheese and Italian mix lettuce in a wrap

Sandwiches.

EGG MAYONNAISE €3.75

Creamy egg mayonnaise on brown granary bread

TUNA MAYONNAISE €3.75

Our tuna mayonnaise mix on brown granary bread

CHICKEN & STUFFING €4.25

Premium chicken with sage and onion stuffing on crusty white bread

CHICKEN & BACON €4.25

Premium chicken and streaky bacon on wholesome brown granary bread

CRISPY BLT €4.25

Streaky bacon, baby leaf lettuce and sliced tomato on brown granary bread

HAM & COLESLAW €4.25

Premium roasted ham teamed with homemade coleslaw on brown granary bread

HAM & CHEESE €4.25

Premium roasted ham and cheddar cheese with Ballymaloe relish on crusty white batch bread

BBQ PULLED PORK €4.50

Premium pulled pork, applewood cheese, coleslaw and roasted peppers with BBQ sauce on a soft white Waterford Blaa roll

CAPRESE €4.50

Mozzarella balls, cherry tomatoes, black olives, rocket with crème fraîche on a soft white Waterford Blaa roll

ULTIMATE CLUB €4.75

Sliced turkey, bacon, lettuce, tomato and mayo on white batch bread

Salad Pots. (approx. 170g)

EGG & SPINACH PROTEIN POT €2.00

HUMMUS & SUPERFOOD €2.50

MINTY BULGAR SALAD €2.50

GREEK STYLE PASTA SALAD €2.50

LEMON & CUMIN COUS COUS €2.50

BACON & POTATO RANCH SALAD €2.50

SPICY NOODLE SALAD €2.50

Drinks.

COKE BOTTLE 500ML €1.85

DIET COKE 500ML €1.85

COKE ZERO 500ML €1.85

CLUB ORANGE 500ML €1.85

CLUB ORANGE ZERO 500ML €1.85

7UP 500ML €1.90

7UP FREE 500ML €1.90

SAN PELLEGRINO SPARKLING 500ML €1.55

VOLVIC STILL WATER 500ML €1.59

VIT HIT BERRY €2.09

VIT HIT LEAN GREEN €2.09

KINETICA PROTEIN DRINK €2.99

Crisps & snacks.

O'DONNELLS CRISPS €1.39

CHEESE & ONION / SALT & VINEGAR

Sweets & pastries.

DAIRY MILK €1.35

CRUNCHIE €1.35

TWIX €1.19

KITKAT €1.29

KINETICA PROTEIN BAR €2.59

QUEST COOKIE PROTEIN BAR €2.99

ROCKY ROAD TRAYBAKE €2.25

CARAMEL SLICE TRAYBAKE €2.25

DOUBLE CHOCOLATE MUFFIN €2.00

BLUEBERRY MUFFIN €2.00

CROISSANT €1.50

RASPBERRY SCONE €1.50

PAIN AUX RAISINS €2.00

MAPLE PECAN PLAIT €2.00

SMALL CAKE (6-8 slices) €5.99

Save 50c when you order
any sandwich & soft drink

Coke / Diet Coke / Coke Zero / Club Orange / 7up / 7up Free 500ml