

Roast Beef Sandwich

€13.95

(contains milk, cereal, egg, fish, soya, mustard, sulphites)

warm sub roll, fried onions, american mustard, melted white cheddar, garlic dip

Classic BLT

€9.95

(contains cereal, egg, dairy, milk)

crispy baby gem, round tomato, smoked streaky rasher, toasted ciabatta bread, garlic mayonnaise

Toasted Ham and Double Cheese

€9.95

(contains cereal, fish, sesame, milk)

toasted brioche, baked ham, mature cheddar cheese

Open Smoked Salmon Sandwich

€10.95

(contains cereal, soya, seeds)

toasted sourdough bread, chive ricotta cheese, rocket, cucumber, oak smoked salmon, spring onion, sesame seeds

Chicken Caesar Wrap

€10.95

(contains cereal, soya, seeds)

bacon lardons, chicken fillet, baby gem, parmesan, caesar dressing, mini tomato

Vegan Sourdough Special

€10.50

(contains cereal, soya, seeds)

sourdough bread, vegan mayonnaise, rocket, roasted vegetable, crashed avocado

Warm Chicken Caesar Salad

€13.50

(contains cereal, egg, fish, soya, milk, mustard, sulphites)

baby gem, herb croutons, parmesan cheese, bacon lardons, caesar dressing

Cobb Salad

€12.50

(contains egg, milk)

baby gem, sundried tomato, bacon lardons, feta crumb, avocado, boiled egg, coriander lime vinaigrette

Warm Cajun Chicken Salad

€13.50

(contains milk)

mixed baby leaves, mini tomato, kalamata olives, roasted red bell peppers, red onion, yoghurt dressing

Super Food Salad

€12.50

(contains nuts)

kale, trio of quinoa, shredded carrot, beets puree, walnuts, broccoli, avocado, edamame

Beetroot & Grilled Halloumi

€12.50

(contains cereal, soya, seeds)

mixed leaves, beetroot, pomegranate seeds, orange segment, grilled halloumi, pumpkin seeds cheese

Cheesecake of the Day

€6.75

(contains cereal, egg, nuts, milk)

served with berries & strawberry ice-cream

Sticky Toffee Pudding

€6.75

(contains cereal, egg, nuts, milk)

served with caramel sauce & vanilla ice-cream

Ice Cream Selection

€6.75

(contains cereal, egg, nuts, milk)

strawberry, vanilla, chocolate

Eton Mess

€6.75

(contains cereal, egg, nuts, milk)

crispy meringues, cream, fresh berries

Apple Crumble

€6.75

(contains cereal, egg, nuts, milk)

vanilla ice-cream, fresh coulis

Trio of Sorbet

€6.50

(contains nuts)

blackcurrant, mango, coconut, pistachio & lemon crust

Flat White €3.20

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Hot Chocolate €3.20

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Double Espresso €3.20

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Espresso €3.00

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Mocha €3.20

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Spiced Latte €3.90

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Cappuccino €3.50

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Latte €3.50

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Americano €3.20

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Teas €3.00

Dairy Milk Alternatives

Free of Charge

(contains cereal, soya, seeds)

soya · oat · almond

Add Syrups

€0.50

(may contain nuts, sulphites)

... Choose From ...

sugarcane · caramel · hazelnut ·

praline · pumpkin spice

All Sandwiches served with either

Chips · Salad · Soup

LUNCH MENU

12 **Noon** to 3pm

Monday to Friday

Full Portion €12.95

Half Portion €10.50

Roast of the Day

Choose from a selection of roasted meats, vegetables and sundries.

Carvery Served Sunday to Monday 12:30 NOON to 2:15PM

FOURTEEN

BAR & RESTAURANT

Below