

### 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

.....

Hot Chocolate €3.20

.....

Double Espresso €3.20

.....

Espresso €3.00

.....

Mocha €3.20

.....

Spiced Latte €3.90

.....

Cappuccino €3.50

.....

Latte €3.50

.....

Americano €3.20

.....

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

Roast of the Day

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

Half Portion €10.50

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

FOURTEEN

BAR & RESTAURANT

Below