



Available Daily 12-3pm

Take Away Salad Menu €7.50

Grilled Lemon and Thyme Scented Chicken and Baby Gem Salad, Garlic and Parmesan Vienna Bread Crotons, Anchovy Dressing, Parmesan cheese
(Allergens: 2, Anchovies 6,7,8 &13)

Spiced Chick Pea, Sweet Corn, Grated Carrot, Red and Green Onion, Chopped Coriander, Avocado, Thousand Island Dressing, shredded lettuce
(Allergens 10)

Tofu Broad Bean Buddha Bowl, Cabbage, Tofu, Brown Rice, Broad Beans, Carrot, Peanut and Coconut Dressing
(Allergens 4 Peanut)

Roasted Cauliflower and Quinoa Bowl, Tabouli, Black Olives, Red Onion, Dried Cranberry, Mustard and Lemon Dressing
(Allergens 10, 13)

Sandwiches €7.50

Roasted Irish topside of Beef
Bloomer loaf, Caramelised onion, West Cork Durrus Cheese, Rocket leaves.
(Allergens, 6 wheat, 7)

Club sandwich bagel,
Deli Turkey Slice, Egg Mayonnaise, Baby Gem Leaves, Beef Tomato, Mature Cheddar Cheese
(Allergens, 6 wheat, 7)

Open Confit Chicken and Tarragon Sandwich on Grilled Sourdough Loaf, Sticky Bacon, Scullery Relish, Watercress salad
(Allergens, 6 wheat, 7)

'Croque Monsieur' Country Harvest Bread, Kerrymaid White Cheddar, Roasted Bacon Sandwich, Bechamel Sauce
(Allergens, 6 wheat, 7)

Spiced Chick Pea and Hummus Wrap, Spinach, Sweet Chutney and Yoghurt Dressing
(Allergens, 6 wheat, 7)

Allergan Index No 1 & 2 Shellfish (Melluscs, crustacean), No 3 Fish, No 4 Peanuts, No 5 Nuts, No 6 Cereal containing gluten, No 7 Milk/Milk Products, No 8 Soya, No 9 Sulphur Dioxide, No 10 Sesame Seed, No 11 Egg, No 12 Celery and Celeriac, No 13 Mustard, No 14 Lupin