



• WEEKLY MENU •

7TH-11TH JULY

WE'RE OPEN

BREAKFAST
08.00AM - 10.30AM

LUNCH
12.00PM - 14.00PM

RISE & SHINE
JOIN US FOR A
DELICIOUS IRISH
BREAKFAST



OPEN
08.00AM - 16.00PM

• ALLERGENS •

1. CELERY
2. FISH
3. SULPHITES
4. CEREALS CONTAINING GLUTEN
5. MILK
6. EGGS
7. CRUSTACEANS
8. PEANUTS
9. NUTS
10. MUSTARD
11. LUPIN
12. MOLLUSCS
13. SOYBEANS
14. SESAME SEEDS AND PRODUCTS THEREOF

• BREAKFAST •

Full Irish Breakfast, porridge, toast and fruit salad available Monday – Friday

• OUR CONCEPT COUNTER •

JACKET POTATO BAR

Enjoy our delicious Jacket Potato Bar, available Tuesday, Wednesday, and Thursday!
Choose from a variety of tasty toppings like cheese, beans and more – all served hot and fresh. Perfect for a hearty, comforting lunch!

BUY ANY SANDWICH AND ADD SOUP FOR JUST
€1.10

• MONDAY •

MAIN
Jerk Chicken (13)

VEGETARIAN
Caribbean Sweet Potato & Black Bean Curry with Crispy Kale (5)

SIDES
Rice & Peas, Mango & Avocado Salad, Charred Corn with Scotch Bonnet Butter

SOUP
-Carrot & Ginger(1,13)
-Creamy Vegetable Chowder (1,5,13)

DELI
Sweet Chilli Chicken Wrap

• TUESDAY •

MAIN
Pollo al Limone Pappardelle (1,3,4,5,6,13)

VEGETARIAN
Rigatoni alla Norma (1,3,4,5,6,13)

SIDES
Caprese Salad, Sun-dried Tomato Focaccia, Charred Tenderstem with Parmesan & Chilli

SOUP
-Roast Tomato & Basil (1,5)

DELI
Italian Chicken Focaccia

• WEDNESDAY •

MAIN
Beef Koftas/Saffron & Lemon Chicken. Flatbreads (4,5,6,13)

VEGETARIAN
Aubergine & Feta Flatbread (4,5,6,13)

SIDES
Spinach Yoghurt Dip, Shirazi Salad, Jewelled Persian Rice

SOUP
-Creamy Chicken & Sweetcorn (1,5,13)
-Tomato, Lentil & Red Pepper (1,13)

DELI
Persian Pork Belly

• THURSDAY •

MAIN
Chicken Madras (5,13)

VEGETARIAN
Sweet Potato, Lentil & Spinach Curry (13)

SIDES
Baked Rice, Cauliflower & Pea Sabzi, Carrot, Lime & Coconut Slaw, Flatbread

SOUP
-Curried Carrot & Sweet Potato (1,13)
-Chickpea & Vegetable Stoup (1,13)

DELI
BBQ Pulled Pork

• FRIDAY •

MAIN
Shredded Roast Chicken Ramen/Slow Cooked Pork Belly, Shoyu Chicken Broth (13,14)

VEGETARIAN
Crispy Tofu, Miso Veggie Broth (13,14)

SIDES
Noodles, Toppings Station

SOUP
-Seafood Chowder (1,2,5,13)
--Sweet Potato & Coconut

DELI
Roast Turkey Melt