

LUNCH MENU



DAILY
SPECIALS
AVAILABLE

LIGHT BITES

SOUP OF THE DAY- SOURDOUGH BREAD (1,7) €6.50 **GF AVAILABLE**

GRILLED HAM & CHEESE SAMBO- GUBBEEN CHEESE, HANDCUT HAM, SCALLIONS ON SOURDOUGH €7.25 (1,7) **GF AVAILABLE**

CHICKEN & CHORIZO SAMBO- GUBBEEN CHORIZO, SPICY CHICKEN, SMOKED MOZZARELLA CHEESE €7.50 (1,7,9)

VEGGIE PANINI- AVOCADO, MIXED PEPPERS, FETA CHEESE & HARISSA BUTTER €7.25 (1,7,8,11) **V GF AVAILABLE**

CRISPY CHICKEN WRAP- TOASTED WRAP WITH CRISPY CHICKEN, PEPPERS, ONIONS, CHEESE, SWEET CHILLI & GARLIC MAYO - SERVED WITH DRESSED WEDGES (1,7) €8.50

SALADS

WARM CHICKEN & BACON CAESAR SALAD- BABY GEM LETTUCE, PARMESAN SHAVINGS, CROUTONS, PINENUTS, HOUSE CAESAR DRESSING - SERVED WITH DRESSED WEDGES (1,7,8) €10.00 **GF AVAILABLE**

HEALTHY HEART SALAD- MIXED LEAVES, FETA CHEESE, BURNT LEMON, CANNELLINI BEAN, MELON (7) €10.00 **V GF**

BIG BITES - GLUTEN FREE PASTAS AVAILABLE

ROAST OF THE DAY- SERVED WITH HOUSE VEG & POTATOES €12.00

CATCH OF THE DAY- SERVED WITH HOUSE VEG & POTATOES €12.00

SPAGHETTI BOLOGNESE- SPAGHETTI IN A SLOW COOKED TRADITIONAL BOLOGNESE SAUCE (1,3,12) €12.00

TAGLIATELLE CON POLLO & FUNGHI- FRESH HOMEMADE TAGLIATELLE IN A CHICKEN AND MUSHROOM CREAM SAUCE (1,3,7) €12.00

PENNE AL'ARRABBIATA- PENNE IN A SPICY TOMATO SAUCE WITH GARLIC, CHILLI AND FRESH BASIL (1,9) €11.50
ADD CHICKEN €2.00/MUSHROOM €1.50 **V**

SPAGHETTI CARBONARA- FRESH HOMEMADE SPAGHETTI WITH PANCETTA, EGG YOLK, PARMESAN AND A TOUCH OF CREAM €13.75
(1,3,7) ADD CHICKEN €2.00/MUSHROOM €1.50

CONFIT DUCK LEG- CRUSHED POTATO, CHERRY JUS & HOUSE VEG (7) €12.00 **GF**

CHICKEN STIR-FRY- SERVED WITH EGG NOODLES & CASHEW NUTS €12.00 (1,3,4,8,9,11)

CHUNKY COD BLAH- BATTERED FRESH COD, WATERFORD BLAH BAP, GHERKIN & DIJON TARTARE, CRUNCHY BABY GEM- CHIPS €12.50
(1,4,7,10)

THAI VEG CURRY- SERVED WITH PEANUTS BASMATI RICE €11.00 ADD CHICKEN TO YOUR DISH €2.00 (5,8,9,10,11) **GF**

ALLERGEN LIST: 1:CEREALS,WHEAT 2:CRUSTACEANS 3:EGGS 4:FISH 5:PEANUTS 6:SOYBEANS 7:MILK 8:NUTS 9:CELERY 10:MUSTARD 11:SESAME SEEDS 12:SULPLUR DIOXIDE & SULPHITES 13:LUPIN 14: MOLLUSCS **GF=GLUTEN FREE V=VEGETARIAN**