
CAFÉ 1

LUNCH MENU

STARTERS

MINISTRONE

With sourdough bread/granary bread
€5.50
(1,14 wheat)

STICKY CHICKEN

With asian slaw, lime and coconut yoghurt
€9
(2,14(wheat)3,15)

POTTED CRAB

watercress, cherry tomatoes,
sourdough toast /
€10
1,11,4,14(wheat)

SANDWICHES

CHICKEN

Ciabatta, relish, mayo stuffing, crispy bacon, romaine /
€10

1,14(wheat)11,15

PHILLY

CHEESESTEAK
Soft roll, monteray jack cheese , onions, peppers, pickles mustard, mayo, /
€12.

1,11,9,15,14(wheat)

SPICY

HALLOUMI
Sourdough, beetroot avocado sweet chilli, rocket tomatoe cucumber /
€10

1,14(wheat)

PASTA

LINGUINE PASTA

Peas, asparagus, courgette, basil, gorgonzola, pine nuts. /
€11.95
1,11,14(wheat)

SPAGHETTI

BOLOGNESE

Angus beef, marzano tomatoes, oregano, basil , parmesan /
€11.95

1,11,14(wheat)

CARBONARA

Cream, smoked bacon , penne parmesan /
€11.95
1,11,14(wheat)

SALADS

FALAFEL SALAD

Cous cous, quinoa, roasted veg, apricots, beetroot, tzatziki, baby spinach, pumpkin seeds, pomegranate / €12
1,14(wheat)

CAESAR SALAD

Romaine lettuce, crispy bacon, pine nuts, sourdough croute , parmesan / €10
1,5,11,14(wheat)

STICKY CHICKEN SALAD

Kohlrabi and carrot slaw , chilli, onion romaine lettuce , toasted cashews, coconut & lime yoghurt / €14
3,2,14,7(cashew)14(wheat)

FLAT BREAD

GOATS CHEESE

CHORIZO

, Asparagus , sun dried tomatoes, basil oil, toasted almonds , rocket / €11
1,14(wheat)7
(almond)

FALAFEL

Beetroot hummus, , roast veg, rocket cherry tomatoes, cucumber, harissa yoghurt
€11

1,14(wheat)

ALLERGENS

Milk 1, soya 2, sesame 3, crustaceans 4, fish 5, peanuts 6, nuts 7, celery 8, mustard 9, sulphites 10, egg 11, lupin 12, molluscs 13, cereals 14,