



ANYTIME OF THE DAY

- Tossed Chicken & Bacon Caesar Salad** €10.50
Served with wedges M
no Crutons
- Steak Sandwich** E €13.99
Served with mushrooms,onions,salad & wedges
without bread
- Smoked Salmon & Prawn Plate** F €12.60
Served with salad and Gluten free bread
- Chicken & Mushroom Pie** M G €10.50
Served with wedges & Salad
- Tiger Prawns** F €11.00
Served with wedges and salad
- Roast Vegetable & Goats Cheese Flan** €10.50
Served with wedges & salad M G
- Beef Lasagne** M G €10.50
Served with Salad & garlic bread or wedges

LIGHT BITES

- Farmhouse Pate** MU €9.50

BREAKFAST

- Full Irish** inc: tea or coffee €9.00
Rashers,eggs,tomato,white pudding
beans and toast. E M
- Small Breakfast** inc: tea or coffee €7.50
Rashers,egg,sausages, tomato, & toast E M
- Mini Breakfast** €6.50
2 Rashers & Egg & Toast E
- Poached or Scrambled Eggs & Toast** €6.00
- Frenched Toast** G E €6.00
- Greek Eggs** E M €6.00
Eggs, red onion, tomato & herb cheese
with GF Toast
- GF toast or GF Bagel** €2.20

WRAPS..BAGEL SKYSCRAPER

Available in the following

€7.00 Available on GF Bread

Served with side salad and Crisps

- BLT CLT TUNA MELT F
- BOMBAY CHICKEN G CHICKEN CAESAR LE GOURMET M
- THE GREEK HAM & CHEESE M

ADD WEDGES FOR €3.50

Served with toasted GF Toast & mixed leaves

Buffalo Mozzarella V G N E €8.00

Served with Pesto, tomato & GF Toast

Chicken Wings €7.50

Served in a sweet chilli mango & lime sauce

Hummus olives & GF Toast €7.50

Torc Wedges €3.50

Served with sweet chilli dip & sour cream

Salad bowl €3.50

Pizza's - on GF Base

Magherita E M €6.50

Mozzarella & our special tomato sauce

Pepperoni E M €8.50

Pepperoni, mozzarella, & tomato sauce

Hawaiian E M €8.50

Ham & Pineapple, mozzarella,

4 Cheese E M €9.50

Cheddar,Brie,Mozzarella, & herb cheese

The Works E M €11.00

For the adventurous, a bit of everything.

Create your own €6.50

Extra toppings, Ham,Olives, Chicken,

Red onion, Roast Veg, Bacon, Pepperoni

Sun blushed tomatoes.

Extra toppings €1.10 each

COOL FOR KIDS

Sausage & Wedges €6.50

Ham Soldie G €4.30

Wedges & Tomato Sau €3.50

Milk Shake M E €4.30

(strawberry, Vanilla, Chocolate)

CAFFEINE KICK

Reg Lge

Americano €2.40 €2.70

Cappuccino €3.00 €3.50

Latte €3.00 €3.50

Espresso €2.40 €3.00

Vienna €3.00

Mochachino €4.50

Hot Chocolate €3.50

Hot Chocomallow €4.00

Frozen Hot Chocolat €4.50

Coffee shot €0.70

Caramel, Hazelnut,

Pot of Tea €2.25

Gourmet Tea €2.35

SMOOTHIE €4.50

Mango Madness

Oj,pineapple, mango, passionfruit,banana, & frozen yogart

Strawberry Shot

Oj,Strawberries, pineapple, banana, frozen yogart

INDULGE YOURSELF

All Chocolates are GF € 0.80 each

GF Rocky Road Bar €3.50

Selection of GF Cookies €3.00

Ice-cream per scoop €1.60

Megga Mallow €1.20

SUPER SUNDAE

€4.60

Two scoops of ice-cream of your choice and one of the following, Mars, Crunchie, M & M's Malteaser's Twirl or Oreo's. Then smother with melted chocolate from the fountain & top it off with fresh cream & chocolate curls.

DRINKS & JUICES

Milk €1.60

Mineral Water €2.25

Juices €3.00

Minerals €2.25

Specialty Chilled Drinks €3.00

1/4 Bottle of Wine €5.50

Craft Beers €5.50

FOOD ALLERGEN AWARE: _GLUTEN (G) EGG (E)

FISH(F) NUTS(N) LUPIN(L) CRUSTACEANS(C)

MUSTARD(MU) SESAME SEEDS(SS) CELERY(CL)

SULPLHUR DIOXIDE(SD) MOLLUSES(MO)

Berry Blitz

Oj, mixed berries, banana & frozen yogart

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(M) MILK