



## sweet treats

Sweet Apple, Cinnamon & Walnut Cake	€3.50
Blackberry Bakewell	€3.00
Rich Chocolate Brownie	€3.00
Carrot Cake & Lemon Frosting	€3.95
Oat & Raisin Cookie	€2.00
Chocolate Chip Cookie	€2.00
Granola Bar	€2.00
itsa...Cupcake	€2.75
Super Rich Flourless Chocolate Brownie	€3.50
Flourless Orange & Almond Cake	€3.00
Selection of Freshly Baked Pastries	€2.50
Home-Made Muffins	€2.95
Freshly Baked Scone	€2.95
Rich Chocolate Cake	€4.95
Bakewell Tart	€3.50

## teas & coffees



Americano	€2.50/€2.90
Cappuccino	€2.95/€3.30
Latte	€2.95/€3.30
Hot Chocolate	€2.95/€3.30
Mocha	€2.95/€3.30
Espresso	€2.50
Double Espresso	€2.95
Macchiato	€2.75
Tea	€2.00
Herbal Tea	€2.50

# bagels & sandwiches

Choose from gourmet brown or white bread, plain, sesame seed, poppy seed, whole -wheat or everything bagel. All served with hand cooked crisps, salad with house vinaigrette.

	take out	eat in
<b>The Deluxe</b> smoked irish salmon with red onions, capers & cream cheese	€6.50	€7.50
<b>The Club</b> roast chicken, wicklow brie, crisp bacon, red onion relish, lettuce, tomato, mayo & butter	€6.50	€7.50
<b>Chicken Caesar</b> roast chicken breast, parmesan, cos lettuce, caesar dressing & butter	€6.50	€7.50
<b>The Gourmet Veggie</b> goat's cheese, hummus, roasted red peppers, black olive tapenade, red onion relish, lettuce, butter (V)	€6.50	€7.50
<b>The Mountaineer</b> roast turkey, roast ham, swiss cheese, lettuce, tomato, mayo, honey dijon & butter	€6.50	€7.50
<b>The Holy Cow</b> slow roast beef, caramelised onions, horseradish mayo, lettuce, tomato & butter	€6.50	€7.50
<b>The Royal</b> coronation chicken, lettuce, mango chutney & butter	€6.50	€7.50

## salads

- Caesar Salad** – free range chicken, Parmesan, Cos, croutons €7.50
- Gourmet Vegetarian Salad** – goat's cheese, roasted red peppers, hummus, tapenade, mixed leaves €7.50
- Coronation Chicken Salad** – coronation chicken, sliced red onion, lettuce, tomato & vinaigrette €7.50



# soups

## Chunky Vegetable & Lentil Soup

€5.50

with home-made brown bread & butter our vegetarian (and vegan) soup made with lentils, chunky fresh vegetables & a hint of chilli. virtually fat free & totally gluten free!

## Gourmet Soup of the Day

€5.50

with home-made brown bread & butter prepared daily & keep your eyes out for our award winning varieties!

# mains



## Hot Dish of the Day

€9.95

(please see blackboard)

## Vegetarian Quiche

€9.95

vegetarian free range quiche of the day with choice of two salads

## Salmon & Tuna Fishcakes

€10.95

with basil dressing & choice of two salads

## Vegetarian Dish of the Day

€10.95

served with choice of two salads

## Daily Deli Special

priced daily

(please see blackboard)