



LUNCH MENU

EXPRESS MENU

soup du jour, rustic bread (gfa)

5

house salad (gfa)

mixed leaves, hazelnuts, sunflower seeds, sugar snap peas, cherry tomatoes, raspberry dressing
10 (add chicken +1)

cured salmon (gfa)

pickled red onion, roast beetroot, ardsallagh goat's cheese, watercress
10

tandoori chicken wrap

mixed peppers, red onion, rocket, raita
7

chicken club (gfa)

smoked bacon, cheddar, rocket, tomato, aioli, ciabatta
7

CBA (chicken, bacon, avocado) (gfa)

spinach, beef tomato, pesto mayo, granary loaf
8.5

beef brisket in a bun (gfa)

pulled bbq beef brisket, house slaw, smoked mayo, brioche bun
8

sun-dried tomato and guacamole (gfa)

goat's cheese, roast red peppers, rocket, pesto mayo, ciabatta
7

pulled ham toastie (gfa)

pulled ham hock, dubliner cheddar, beef tomato, red onion, granary bread
6.5

turkey & swiss (gfa)

roast red peppers, rocket, smoked mayo, granary loaf
7

lunch meal deal

add soup, house salad or fries
to any sandwich for only €2

replace any bread with gluten free bread – 0.50

MAINS

mac 'n' cheese bites

5.5

chicken wings (gfa)

choice of chorizo hot sauce or tonkatsu sauce, blue cheese dip, skinny fries
10.5

mussels and chips (gfa)

chorizo, yuzu, cream, sourdough, skinny fries
13.5

fish 'n' chips (gfa)

pea & mint puree, twice cooked chunky chips, tartare
15

chicken or chickpea korma (gfa)

house made mild indian curry with coconut and almonds
15/14

chorizo and cheese beef burger (gfa)

charred chorizo, monterey jack cheese, tomato and chilli chutney, smoked mayo
16

homemade beef burger (gfa)

smoked mayo or jalapeno mayo, chunky or skinny fries
15

buttermilk chicken burger

sriracha-chorizo mayo, chunky or skinny fries
15

veggie burger

sweet potato, chickpeas, carrots, harissa mayo, chunky or skinny fries
14

want more? ...burger extras:

add bacon	1
add cheese	1
double the beef	3

want to pre-order? we can take your order by email to speed up the process



LUNCH MENU

THE FINISHING TOUCHES

mars bar brownie 6.5

nutella sauce, praline crumb, popping candy, vanilla ice-cream

sticky toffee pudding 6.5

dark rum and dates, butterscotch sauce, vanilla ice-cream

crème brulee (gfa) 6.5

pistachio and orange cookie

lemon cheesecake 6.5

blood orange sorbet

grindstone 3FE coffee (momentum blend)

black 2.5

milky coffee 3

large add .50

extra shot add .50

add soya / almond add .20

wall and keogh loose leaf tea

irish breakfast tea 2.5

life of brian 2.5

moroccan dusk 2.5

peppermint blend 2.5

lemon & ginger 2.5

rooibos unicorn tears 2.5

in a hurry back to the office, ask for your coffee to go

minerals

still / sparkling water 3

san pellegrino orange / lemon 2.9

freshly squeezed orange juice 3

homemade lemonades 3.5

warm me up

hot whiskey 6

hot port 6

irish coffee 6.5

baileys coffee 6.5