



## LUNCH MENU

### sandwiches

#### chicken tikka wrap

tomato, mixed leaf, mango chutney, tikka mayo  
8

#### BLT

bacon, lettuce, tomato, granary loaf, smoked mayo  
7

#### CBA (chicken, bacon, avocado) (gfa)

spinach, beef tomato, pesto mayo, granary loaf  
9

#### pulled pork bun (gfa)

pulled pork, celeriac and apple slaw, brioche bun  
9

#### portobello mushroom sandwich (gfa)

garlic mayo, rocket, beef tomato, ciabatta  
7

#### pulled ham toastie

pulled ham, dubliner cheddar, tomato, red onion,  
granary loaf  
7

### salads

#### chickpea and spinach chopped salad (gfa)

chickpeas, hazelnuts, spinach, sugar snap peas,  
mixed peppers, red onion, tomato, yoghurt dressing  
11

#### pear, apple and walnut salad (gfa)

rocket, lemon dressing  
11

(add grilled chicken to any salad for €1)

#### lunch meal deal

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

replace any bread with gluten free bread – 0.50

### hot dishes

#### soup du jour (gfa)

rustic bread  
5

#### mac 'n' cheese bites

5.5

#### chicken wings (gfa)

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

#### fish 'n' chips (gfa)

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

#### homemade beef burger (gfa)

smoked mayo or jalapeño mayo  
housemade pickles, red onion, cheddar, cos lettuce,  
beef tomato, tomato & chilli chutney  
chunky or skinny fries  
15

#### buttermilk chicken burger

southern fried chicken fillet, sriracha-chorizo mayo  
lettuce, beef tomato, chunky or skinny fries  
15

#### veggie burger

sweet potato, carrots, chickpeas, lettuce,  
chunky or skinny fries  
14.5

#### want more? ...burger extras:

add bacon	1
add cheese	1
double the beef	3
add pulled pork	3
add beef chilli	3



## 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

#### 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 2.6

moroccan dusk 2.6

peppermint blend 2.6

lemon & ginger 2.6

rooibos unicorn tears 2.6

### 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 roe & co. whiskey 6

hot tawny port 6

irish coffee 6.5

baileys latte 6.5