



LUNCH MENU

SANDWICHES

chicken salad wrap (1, 3, 7, 8, 9, 10)
walnut, celery, apple, cherry tomato, mixed leaves
8

turkey (gfa) (1, 3, 7, 10)
smoked mayo, dubliner cheddar,
beef tomato, mixed leaves, granary loaf
9

CBA (gfa) (1, 3, 7, 10)
chicken, bacon, avocado
spinach, beef tomato, pesto mayo, granary loaf
9

porchetta sandwich (gfa) (1, 3, 7, 10)
italian style roast pork, bacon and red onion jam,
cider mayo, rocket, rosemary focaccia
10

grilled halloumi (gfa) (1, 3, 7, 10)
aubergine antipasti, rocket,
harissa mayo, rosemary focaccia
8

ultimate toastie (gfa) (1, 3, 7, 10)
pulled ham hock, aged swiss gruyere, dubliner
cheddar, spring onion, thick cut buttermilk batch
8

SALADS

chopped salad (gfa) (8, 10)
mixed leaves, almonds, cucumber, mint, spring
onion, mixed peppers, tomatoes, lemon dressing
11
(add grilled chicken + 2)

roast chicken & pancetta (gfa) (3, 7, 10)
mixed leaves, red onion, mixed peppers, cherry
tomatoes, roasted sweetcorn, house ranch dressing
13

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) (7, 9)
rustic bread (1)
5

mac 'n' cheese bites (1, 3, 7, 10)
5.5

chicken wings (gfa)
choice of chorizo hot sauce (7) or
tonkatsu sauce (4, 11)
blue cheese dip (3, 7, 10), skinny fries
10.5

fish 'n' chips (gfa) (1, 3, 4, 7, 10)
pea & mint puree, twice cooked chunky chips,
tartare
15

homemade beef burger (gfa) (1, 3, 7, 10)
smoked mayo or jalapeno mayo
housemade beer pickles, red onion, cheddar,
cos lettuce, beef tomato, chilli & tomato chutney
chunky or skinny fries
15

buttermilk chicken burger (1, 3, 7, 10)
southern fried chicken fillet, sriracha chorizo mayo,
cos lettuce, beef tomato
chunky or skinny fries
15

veggie burger (1, 3, 7)
sweet potato, chickpeas, carrots, raita
chunky or skinny fries
14.5

want more? ...burger extras:

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

SIDES

side salad	3.5
truffle & parm chunky/skinny chips	3.5
twice cooked chunky chips/skinny fries	3
brandy peppercorn sauce	1

Allergen Keys (Items with numbers contain the following ingredients)
1. Gluten 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts 6. Soya Beans 7. Milk 8. Nuts
9. Celery 10. Mustard 11. Sesame Seeds 12. Sulphites 13. Lupin 14. Molluscs



LUNCH MENU

THE FINISHING TOUCHES

mars bar brownie (1, 3, 7, 8)	6.5
nutella sauce, chocolate soil, popping candy, vanilla ice-cream	
sticky toffee pudding (1, 3, 7)	6.5
dark rum and dates, butterscotch sauce, vanilla ice-cream	
crème brulee (gfa) (1, 3, 7, 8)	6.5
pistachio and orange cookie	

GRINDSTONE COFFEE

**3FE – Light and Fruity or
Badger and Dodo – Dark Roast**

Black	2.5
Milky Coffee	3
Iced Milky Coffee	3.5
Large	+0.5
Extra Shot	+0.5
Add Oat / Almond Milk	+0.2

WALL & KEOGH TEA

Irish Breakfast	2.5
Life of Brian	2.6
Moroccan Dusk	2.6
Lemon and Ginger	2.6
Peppermint Blend	2.6
Rooibos Unicorn Tears	2.6

**HAVE YOU TRIED OUR FAMOUS
BAILEYS 3FE LATTE?**

€6.50

WARM ME UP

Irish Coffee	6.50
Baileys Latte	6.50
Hot Tawny Port	6.00
Hot Roe & Co. Whiskey	6.00

MINERALS

Fresh Orange Juice	3
Minerals	3
Homemade Lemonade	3.5
Still / Sparkling Water	3

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

full beer, wine and cocktail menu also available

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