



## LUNCH MENU

### STARTERS

**soup du jour (gfa)** (7, 9)

rustic bread (1)

5

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

6.5

**chicken wings (gfa)**

choice of chorizo hot sauce (7),

tonkatsu sauce (4, 11) or habanero hot sauce (7)

blue cheese dip (3, 7, 10), skinny fries

10.5

**lemongrass & coconut chicken skewers (gfa)** (7, 10, 12)

bell peppers, red onion, peanut dipping sauce

9

### SANDWICHES

**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

**chicken club (gfa)** (1, 3, 7, 10)

grilled chicken, bacon, dubliner cheddar, rocket,  
tomato, aioli, sourdough

9

**grilled halloumi (gfa)** (1, 3, 7, 10)

aubergine antipasti, rocket,  
harissa mayo, sourdough

8

**ham & cheese toastie (gfa)** (1, 7, 10)

maple glazed ham, dubliner cheddar, granary bread

8

**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

sandwiches also available on a wrap upon request

### MAINS

**house salad (gfa)** (8,12)

roast sweet potato, quinoa, cranberries, pine nuts,  
pomegranate seeds, mixed seeds, pea shoots, baby  
spinach, balsamic dressing

11

add grilled chicken or grilled halloumi +2

**nachos (gfa)** (7,12)

cheddar, sour cream, pico de gallo, guacamole, jalapenos

10

add beef chilli (9,12) +5

**quiche** (1,3,7)

homemade shortcrust pastry, fillings change regularly

10

**fish 'n' chips (gfa)** (1, 3, 4, 7, 10)

two sides pale ale battered hake, pea & mint puree,  
twice cooked chunky chips, tartare

15.5

**homemade beef burger (gfa)** (1, 3, 7, 10)

smoked mayo or jalapeno mayo

housemade beer pickles, red onion, cheddar, cos lettuce,  
beef tomato, chilli and tomato chutney

15.5

**buttermilk chicken burger** (1, 3, 7, 10)

southern fried chicken fillet, sriracha chorizo mayo,  
cos lettuce, beef tomato

15.5

**veggie burger** (1, 3, 7)

sweet potato, chickpeas, carrots, raita  
chunky or skinny fries

15.5

**want more? ...burger extras:**

add bacon or cheese 1

add 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

<b>mars bar brownie</b> (1, 3, 7, 8)	<b>6.5</b>
nutella sauce, chocolate soil, popping candy, vanilla ice-cream	
<b>elderflower panna cotta (gfa)</b> (7)	<b>6.5</b>
strawberry jelly, strawberry and mint compote	
<b>pistachio cheesecake (gfa)</b> (1, 3, 7, 8)	<b>6.5</b>
chocolate orange mousse, caramel, pistachio & orange granola	
<b>ice cream</b> (3, 7, 8)	<b>5</b>
3 scoops, vanilla or chocolate, nutella sauce	
<b>ice cream sandwich</b> (1, 3, 7, 8)	<b>6.5</b>
chocolate & vanilla rolled ice cream between 2 chocolate chip cookies	

### GRINDSTONE COFFEE

**3FE – Light and Fruity or**

**Cloud Picker – Butterscotch, Hazelnut, Canteloupe**

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
Rooibus Unicorn Tears	2.6

### 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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