



## LUNCH MENU

### STARTERS

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

rustic bread (1)

5.5

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

7

**chicken wings (gfa)**

choice of chorizo hot sauce (7),

whiskey & coke bbq (4, 11) or

habanero hot sauce (7)

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

11

### SANDWICHES

**avo' on toast (gfa) (1,3,7,10,11)**

toasted sourdough, guacamole, poached eggs,  
lime & paprika crema, mesclun leaves, toasted seeds

11

**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

10.5

add beef chilli (9,12) + 5

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

two sides pale ale battered hake, pea & mint puree,

skinny fries, tartare

16

**the classic 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

16

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

southern fried chicken fillet, sriracha chorizo mayo,

cos lettuce, beef tomato

16

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

sweet potato, chickpeas, carrots, raita

16

**all burgers served with skinny fries or side salad**

**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

All of our Beef is 100% of Irish Origin



## LUNCH MENU

### THE FINISHING TOUCHES

<b>mars bar brownie</b> (1, 3, 6, 7, 8)	<b>7</b>
nutella sauce, chocolate soil, popping candy, vanilla ice-cream	
<b>mango, passionfruit, and coconut parfait (gfa)</b> (3, 7, 8)	<b>7</b>
hazelnut and cocoa crumb, mango gel, toasted coconut	
<b>ice cream</b> (3, 7, 8)	<b>5</b>
3 scoops, vanilla or chocolate, nutella sauce	

### GRINDSTONE COFFEE

Choose your beans  
**3FE, Dublin, Grindstone Blend**  
(House Grind, Light and Fruity)

Or

**3FE, Dublin, Desalegn Ayele, Single Origin**  
(Guest Grind, Strawberry, Cream & Candied Orange)

Black	2.7
Milky Coffee	3.2
Iced Milky Coffee	3.7
Large	+0.5
Extra Shot	+0.5
Add Oat / Almond	+0.4

### WALL & KEOGH TEA

Dublin

Irish Breakfast	2.7
Life of Brian	2.8
Moroccon Dusk	2.8
Lemon and Ginger	2.8
Peppermint Blend	2.8
Roobus Unicorn Tears	2.8

### DRINKS

Fresh Orange Juice	3
Pressed Apple Juice	3.2
Irish Homegrown Beetroot Juice	3.95
Homemade Rhubarb Lemonade	3.95

#### Wild Orchard, Limerick

Blackberry & Blueberry Smoothie	3.95
Mango & Passionfruit Smoothie	3.95
Strawberry Smoothie	3.95

#### SynerChi Kombucha, Donegal

Raspberry & Rosehip Kombucha	4.50
Orange & Lemon Kombucha	4.50
Ginger & Lemongrass Kombucha	4.50

#### King of Kefir, Dublin

Lemongrass & Ginger Kefir	4.50
Chilli & Ginger Kefir	4.50
Cucumber, Mint & Thyme Kefir	4.50

#### Black Castle Craft Sodas, Wicklow

Fiery Ginger Beer	3.50
Berry Bramble Sting Soda	3.50

**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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