



Refreshments

**We hope you will enjoy a range of specially selected
Bewley's Fair Trade Coffees and Blended Teas.**

Mug of Coffee	€2.40
White Coffee	€3.00
Frothy Cappuccino	€3.00
Hot Chocolate.....	€3.00
Chocolate/ Hazelnut Coffee	€3.00
Espresso	€2.20
Traditional Breakfast Tea.....	€2.30
Herbal/ Decaff Coffee / Tea	€2.60
Earl Gray	€2.60
Peppermint Tea	€2.60
Green Tea	€2.60
Lemon Tea	€2.60
Camomile Tea	€2.60
Darjeeling	€2.60

Toasted Bacon Sandwich €4.70
(Gluten, Soy, sulphites)

Warm Buttered Croissant €2.70
Served with preserves
(Gluten, Milk)

Selection of Toasted Breads €2.50
& Preserves
(Gluten, Soy, milk)

Warm Danish Pastry €2.70
(Gluten, Milk, pecan nuts)

Chocolate or Blueberry Muffin €2.60
(Gluten, Milk, Egg)

Homemade Fruit/Plain Scone €2.70
*Served with fresh cream,
butter & preserves*
(Gluten, Egg, milk)



Freshly Cut Sandwiches

White OR Wholemeal Bread,(gluten soy)
Open on Homemade Brown Soda Bread(gluten, milk)
OR Gluten Free Bread

Roast Chicken €5.00

With lettuce, bacon and Caesar dressing
(Milk, Egg)

Carroll's Ham Sandwich €5.00

100% full traceable from farm to fork!
(soy sulphites)

Roast Beef €5.00

With Onion Marmalade
(soy, sulphites)

Tuna €4.80

*With red onions, coriander, sun-dried tomato,
lightly bound in mayonnaise*
(Crustaceans, Egg, Mustard)

Egg and Chive €4.80

Lightly bound in mayonnaise
(Egg, Mustard)

Salad €4.80

With tomato, cucumber & red onion
Lightly bound in mayonnaise
(Egg, Mustard)

Smoked Salmon €7.00

*Crème fraiche and baby capers,
on open homemade brown soda bread*
(Milk, gluten)

Turkey Sandwich €5.00

With stuffing and cranberry
(gluten, milk)

Shrimp and Marie Rose Sauce €7.00

Served on homemade brown soda bread
(mustard, egg)

Toasted Sandwiches €5.30

**All served with
Salad Garnish and Crisps**
(mustard)

Sides

Portion of French Fries €2.70

Spicy Wedges & Tomato Salsa ... €2.70

Homemade Brown Soda Bread ..€1.50



New Healthy Options

We have developed some new low calorie healthy menu options for you, using quality fresh ingredients dishes that are good for you without compromising on taste

Tuna and Rocket Sandwich

€6.80

With coriander and red onion, crisp salad garnish on toasted multi grain roll

(Crustaceans, Egg, Mustard, gluten, sesame seed)

Lemon and Pepper Chicken Wrap

€6.80

Cos Lettuce, roasted peppers and lemon scented low calorie dressing on wholegrain tortilla wrap

(Gluten)

Feta Cheese Salad

€9.00

Toasted almonds, mandarin segments, cherry tomatoes, served with toasted sunflower & honey bread and a side of tzatziki dip

(Nuts Almond, Milk, Sunflower Seeds)

Chicken Quinoa Salad

€10.00

Grilled chicken, sundried tomatoes, broccoli, cranberries, sunflower seeds, quinoa and rocket salad, chilli and lime seasoning

(Sunflower Seeds)

Chicken Peri Peri Salad

€10.80

Per-peri spiced grilled chicken, mixed leaves, red onions, sliced pear, cherry tomato, low calorie Portuguese spiced dressing and sweet potato shoe strings

(Egg, Mustard)

Poached Salmon Salad

€11.80

Accompanied by superfood salad of quinoa, broccoli, cranberries, sunflower seeds, rocket, sundried tomatoes and balsamic reduction

(Sunflower Seeds)



Lunch, Hot Meals & Snacks

- Chef's Homemade Soup of the Day** €5.00
*Served with oven fresh roll
or homemade brown soda bread*
(Celery, Milk)
- Seafood Chowder** €6.50
Served with homemade brown soda bread
(Gluten, Celery, Milk, Molluscs, Crustaceans)
- Smoked Chicken Bagel** €6.80
Sun-dried tomato, pesto, mozzarella cheese
(Gluten, Milk, Pine Nuts)
- Grilled Chicken Sandwich** €12.00
*On soft ciabatta with crisp lettuce,
tomato, chips and homemade dressing*
(Gluten, Egg, Mustard)
- Prime Irish Sirloin Steak Sandwich** €15.30
*On grilled ciabatta with caramelized onion,
chips and garlic mayonnaise*
(Gluten, Egg, mustard)
- Tortilla Wrap** €6.80
*With chicken breast Goujons, iceberg lettuce
red onion and sweet chilli sauce*
(Gluten, Egg)
- Hot Chicken Caesar Salad** €10.50
*Chicken, cos lettuce, parmesan cheese
and Caesar dressing*
(Gluten, Egg, Mustard)
- Chicken Goujon Caesar Tortilla Wrap** €6.80
*Chicken, cos lettuce, parmesan cheese
and Caesar dressing*
(Gluten, Egg, Mustard)

Vegetarian Options

- Italian Style Ciabatta** €6.80
*Char-grilled Mediterranean vegetables
with sun-dried tomato and basil and olive dressing*
(Gluten, Pine Nuts)
- Spinach and Ricotta Ravioli** €12.00
*Tuscan style tomato sauce with
gratinated Mozzarella and pesto drizzle*
(milk, gluten, Pine Nuts)
- Low fat dressing and spreads available**

All our beef is of Irish origin and is from fully traceable sources.



Sweet Treats & Desserts

Red Berries Ice Cream Gateaux €6.80

*Raspberry ripple ice cream, covered
With a frozen strawberry parfait, sprinkled
With white chocolate
(dairy, milk, gluten, egg)*

Sticky Toffee Pudding €6.80

*Served warm with butterscotch sauce
(milk, gluten, egg)*

Baileys Cheesecake €6.80

*Baileys liqueur cheesecake on a digestive
Biscuit base, with chocolate shavings
(Dairy, gluten)*

Apple Pie €6.80

*Served warm or cold with fresh cream or
Ice-cream
(Egg, milk, gluten)
Alternatively try our homemade
Tullamore D.E.W Hot Whiskey Ice Cream*

Fresh Fruit Salad €6.80

*With fresh cream, natural yoghurt or
Ice-cream
(Milk)*

Homemade Chocolate Brownie €6.80

*Homemade brownie served with chocolate
Sauce and fresh cream or Vanilla Ice Cream*

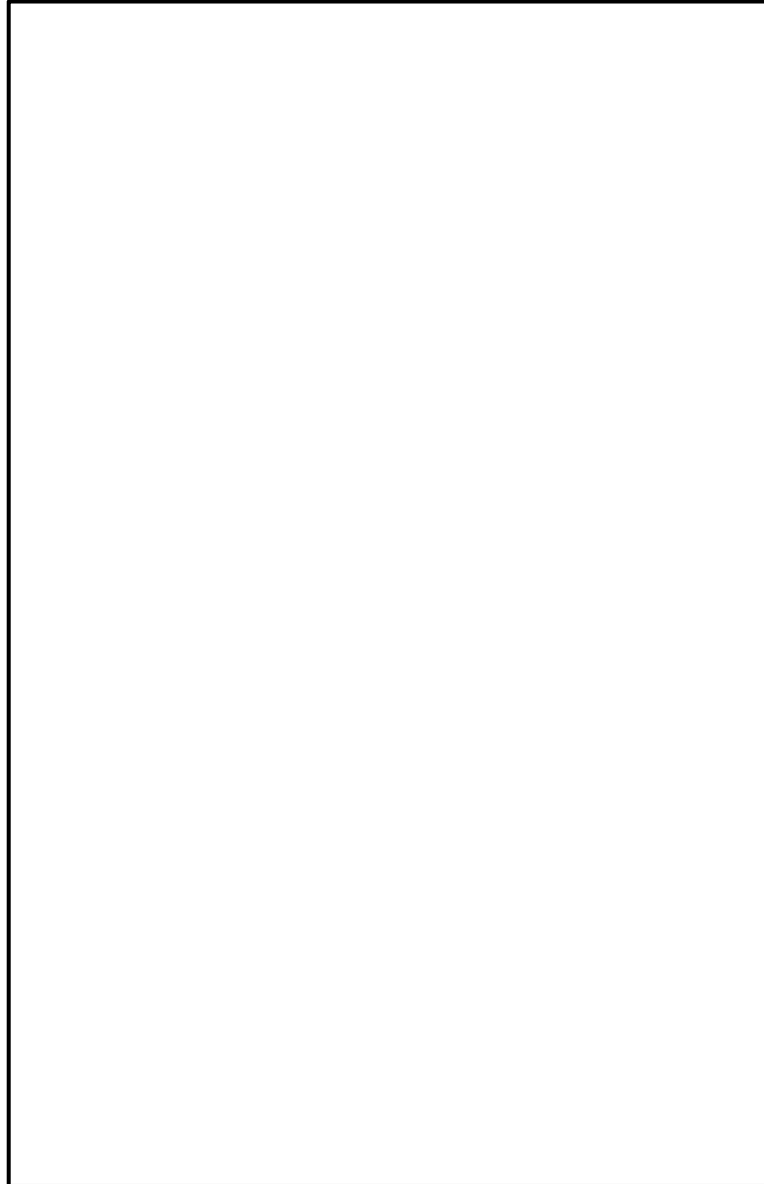
(Dairy, egg) 

Diabetic and Coeliac Desserts available upon request





Daily Specials



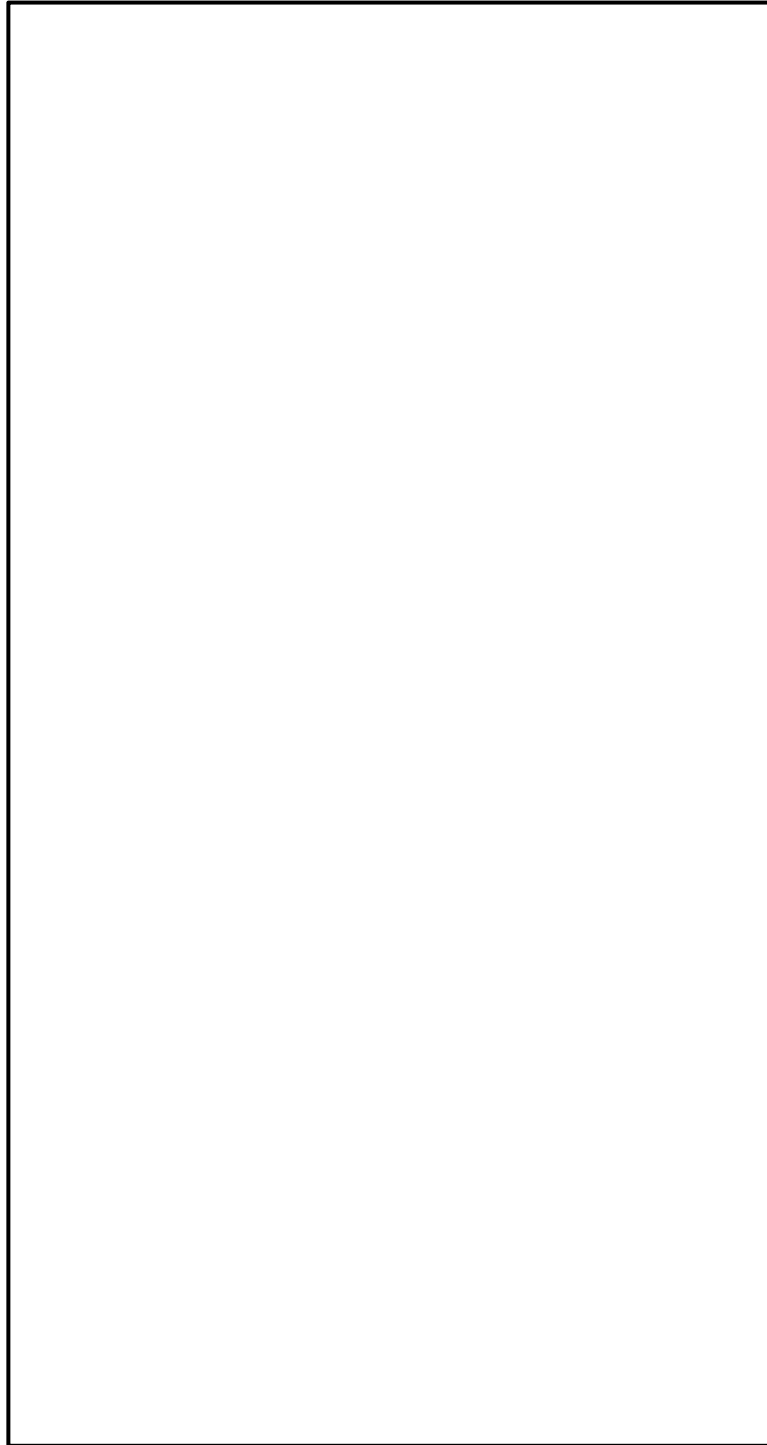
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We have a full wine menu available as well as a comprehensive selection of craft beers and specialty spirits to include a full selection of Irish whiskies including a complete selection of Tullamore D.E.W



Dear Guest,

We have a master copy of this menu with a comprehensive list of the food allergens contained in each of our dishes, please ask your server should you wish to view it, our soup and gravy is gluten free and we have gluten free bread to freshly prepare all our sandwiches



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