

# LUNCH MENU

## LIGHT BITES

### SOUP OF THE DAY €9

Served with fresh bread [1.1, 4, 11]

### BONELESS CHICKEN BITES €11

Plain, Louisiana, or BBQ bourbon sauce, garlic aioli or blue cheese dip

[1.1, 4, 5, 8, 11, 14]

### GFP CHICKEN WINGS €11

Louisiana sauce or BBQ bourbon sauce, garlic aioli or blue cheese dip

[1.1, 4, 5, 8, 10, 11, 12, 14]

## MAINS

### CAJUN CHICKEN QUESADILLAS €19.5

Monterey Jack cheese, Tex-Mex salsa, guacamole & sour cream dips, rustic fries\*

[1.1, 4, 5, 8, 12]

### GFP CHICKEN FILLET ROLL €19.5

Crispy chicken fillet coated in chilli hot honey, Monterey Jack cheese, streaky bacon, crispy lettuce, red cabbage slaw, smoked onion mayonnaise on Bretzel soft white roll served with rustic fries \*

[1.1, 4, 5, 8, 10, 11]

### HEREFORD IRISH BEEF BURGER €21

Crispy bacon, cheddar, caramelised onion, tomato relish, gerkin, fris  e salad, garlic aioli, brioche bun and rustic fries

[1.1, 4, 5, 8, 10]

### CHICKEN CHORIZO LINGUINE PASTA €22

Prosecco creamy sauce, sundried tomatoes, rocket, fresh parmesan

[1.1, 4, 5, 8, 12, 14]

### THAI STYLE RED CURRY €19

Red curry, butterbean, red peppers, sweet potatoes, fragrant basmati rice

[8, 14, 15] [VE] [V] [GF]

Add Chicken +€3.5 / Add Prawns [7.2] +€5

\*Dishes marked: Upgrade to Sweet Potato Fries or Waffle Fries +€1

## SIDES

For all fries, choose a dip from BBQ, garlic aioli, blue cheese, chipotle aioli [1.1, 5]

RUSTIC FRIES €4.5 [1.1]

SWEET POTATO FRIES €5.25 [1.1]

WAFFLE FRIES €5.5 [1.1]

PATATAS BRAVAS €7.5

Salsa, aioli [1.1, 5]

BATTERED ONION RINGS €5 [1.1]

## SANDWICHES

### TRIPLE DECKER CLUB SANDWICH €15.5

Roast chicken, crispy bacon, tomato, Dubliner cheddar, free range egg, mixed leaves, pesto mayonnaise, toasted Bretzel

White bread [1.1, 1.2, 4, 5]

### FAMOUS ROAST CHICKEN €14

Roast chicken, stuffing, garlic aioli, spring onion, Bretzel granary bread [1.1, 4, 5, 8, 11]

### LOUISIANA CHICKEN WRAP €14

Louisiana chicken goujons, cos lettuce, red onion, blue cheese aioli, toasted wrap [1.1, 4, 5, 8]

### SUPERFOOD WRAP €13.5

Halloumi, avocado, roast beets, spinach, grated carrot, pumpkin seeds, honey mustard dressing, toasted beetroot wrap [V] [1.1, 4, 10]

### ROASTED TURKEY & CHORIZO MELT €13.5

Roasted turkey fried spicy chorizo, Emmental cheese, chipotle aioli, on a toasted ciabatta bread [1.1, 4, 5, 8]

### OPEN SMOKED SALMON EVERYTHING BAGEL €14

Ballycotton Oak Smoked Salmon, chives cream cheese, pickled red onion, rocket in Bretzel everything bagel. [1.1, 4, 6, 8, 11]

### SANDWICH OF THE WEEK

Ask server for more information

### SANDWICH ADD-ONS

Cup of Soup of the Day €4 | Cheddar Cheese [4] €2 | Irish

Bacon €3 |

Roast Chicken €3

*\*Gluten free bread available*

## SALAD

### HOT HONEY CHICKEN BOWL €19

Sweet & spicy crispy chicken, fragrant rice, pickled onion, shredded lettuce, fresh avocado, red slaw, drizzle jerk mayonnaise [1.1, 4, 5, 8, 10, 11]

Vegan option: Grilled tofu [8]

### SCHNITZEL CAESAR SALAD €18.5

Chicken schnitzel in panko breadcrumb, topped with cos lettuce, crispy bacon, fresh grated parmesan, homemade basil Caesar dressing [1.1, 4, 5, 6, 8, 14, 15]

### PROTEIN SALMON BOWL €19

Ballycotton Oak Smoked Salmon, fragrant rice, slow-roast peppers, fresh avocado, pickled red onion, edamame beans, black sesame seeds, spicy jerk mayo drizzle

[1.1, 4, 5, 6, 8, 10, 11][GF]

### HALLOUMI & HUMMUS SALAD €17.5

Tomato & harissa hummus, grilled halloumi, baby leaves, pickled red onion, quinoa, roasted beetroot, cherry tomato, basil citrus dressing. [4, 8, 11, 12][GF]

Vegan option: Change for Grilled tofu +€2.5 [VE] [8]

### ADD-ONS

Halloumi [4] €2.6 | Avocado €2.6 | Chicken €3.5 | Prawns [7.2] +€5