



## THE LUNCH MENU | MON - FRI, 12PM - 5PM

### STARTERS

Homemade Soup, Rustic Bread 5.50

Salt & Pepper Squid, Chipotle Aioli [1,4,5,7,8] 7.00

Patatas Bravas Salsa, Garlic Aioli [V] [1,5,8] 5.50 | Add Chorizo + 1.00

Rustic Breads & Dips, Hummus & Basil Pesto [1,2,4,5,8] 6.00

BBQ or Buffalo Boneless Chicken Bites, Chipotle Aioli or Blue Cheese [1,4,5,8] 7.00

Loaded Cheese & Bacon Waffle Fries, Chipotle Aioli [1,2,4,5] 7.00

### MAINS

**Spicy Buffalo Or Sticky Bourbon Wings 15.00**

Celery sticks, Cashel blue cheese or ranch dip, rustic fries [1,4,5,8,9,10,11,12,14]

**Burger In A Bowl 15.00**

Irish Hereford beef burger, goat's cheese, spinach, sundried tomatoes, red onion, olives, cucumber, choice of pesto, balsamic or relish dressing [GF] [2,4,5,8,11,12]

[Please allow 15 minutes]

**Crispy Chicken Burger 14.00**

Brioche Bun, Chipotle Aioli, lettuce, tomato & red onion, rustic fries

Add Crispy Bacon + 1.50 [1,4,5,10,12]

**Signature Beef Burger 15.50**

Irish Hereford beef burger, streaky Hickory bacon, Dubliner cheddar, lettuce, beef tomato, tomato relish, garlic aioli, brioche bun, rustic fries [1,4,5,10,12]

[Please allow 15 minutes]

**Cajun Chicken Quesadillas 14.50**

Monterey Jack, guacamole, sour cream, salsa, rustic fries [1,4,5,8,12]

**Fisherman's Pie 16.00**

Prawns, cod, salmon, creamy mash, citrus superfood side salad [4,6,7,12]

**Steak Sambo 16.00**

Hereford 6oz Striploin steak cooked to your liking, fried egg, tobacco onions, chipotle aioli, toasted ciabatta, rustic fries [1,4,5,12]

**Falafel Bowl 14.00**

Toasted falafel balls, hummus, roast beets, butternut squash, pomegranate, mixed leaves, citrus dressing, toasted seeds & rocket [VE] [GF]

**Chicken & Chorizo Penne Pasta 13.00**

Sundried tomato & shallot prosciutto cream, parmesan & rocket [1,4,12]

Add: rustic garlic bread + 1.50

**Sweet Potato, Courgette & Pepper Thai Red Curry 13.00**

Steamed basmati rice [VE] [GF] [8,14]

Add: Chicken + 2.00 | Prawns [7] + 3.00

**Charcuterie Board 15.00**

Selection of cured meats & cheese, crackers, olives, sundried tomatoes, stuffed peppers, basil pesto, sundried tomato pesto, hummus & rustic breads

[Please allow 15 minutes]

*Upgrade your fries to sweet potato, waffles or wedges + 2.00*

### SOMETHING EXTRA

Garlic bread [1,4] 1.50

Rustic fries, garlic aioli [1,5] 4.00

Sweet potato fries, garlic aioli [1,4,5] 5.00

Waffle fries, chipotle aioli [1,5,10,12] 5.00

Add dips + 0.50

## SANDWICHES

### SUPERFOOD WRAP 8.75

Quinoa, butternut squash, mixed leaves, hummus, beetroot, toasted wrap [VE] [1]  
Add: Feta + 1.00 | Chicken + 2.00 | Falafels + 2.00

### CAJUN CHICKEN WRAP 8.75

Cajun chicken, Dubliner cheddar, red onion, rocket, tomato, toasted wrap [1,4,5,8,10]

### GRILLED GOAT'S CHEESE 8.75

Goat's cheese, sundried tomatoes, rocket, red onion marmalade, toasted ciabatta [V] [1,4,8,10,12]

### FAMOUS ROAST CHICKEN 8.75

Roast chicken, stuffing, garlic aioli, spring onion, Bretzel granary [1,4,5,8,11]

### TURKEY REUBEN 8.75

Roast turkey, Swiss cheese, vine tomatoes, mixed leaves, chipotle aioli, toasted Bretzel sourdough [1,4,5,10,12]

### GFP CLUB 8.75

Roast chicken, Irish ham, vine tomatoes, lettuce, red onion marmalade, garlic aioli, soft floured roll [1,4,5,8,10,11,12]

### GFP HAM & CHEESE 8.75

Irish ham, Dubliner cheddar, Dijon aioli, red onion, rocket, toasted Bretzel sourdough [1,4,10,11]

## SALADS

### THE FAMOUS CLONAKILTY 14.00

Clonakilty black pudding, Irish bacon, mixed leaves, cucumber, red onion, vine tomatoes, balsamic dressing [1,8,12]

### SUPERFOOD 13.00

Quinoa, beetroot, butternut squash, pomegranate, mixed leaves, citrus dressing, toasted seeds [VE] [GF] [8]

Add: Grilled goat's cheese €1.50 | Chicken + 2.00

### CHICKEN & BACON CAESAR 14.00

Roast chicken, Irish bacon, Cos lettuce, croutons, parmesan shavings, Caesar dressing [1,4,5,6,8]

## DESSERTS

Gourmet Cookies [1,4,5,8]	3.00	Nutella Cheesecake [1,2,3,4,5,8]	6.00
Selection of Muffins [1,4,5,8]	3.50	Warm Berry Crumble [1,2,4,5,15]	6.00
Belgian Chocolate Squares [1,4,5,8] <small>Rocky Road, Toblerone Square, Snickers Rocky Road</small>	4.25	GF Carrot Cake Squares [2,4,5]	4.75
Toffee Krispy Traybake [1,4,5,8]	4.25	GF Snickers Cake [2,3,4,5,8]	3.50
Lemon Meringue [4,5,8]	5.50	GF Raspberry & White Choc Roulade [4,5,8]	6.00
Strawberry Cheesecake [4,5,8]	6.00	GF Salted Caramel Roulade [4,5,8]	6.00

## BEVERAGES

Pellegrino Orange	3.00	Carrot & Apple Juice	3.75
San Pellegrino Lemon	3.00	Apple Juice	3.75
Wild Orchard Cloudy Lemonade	3.50	Fíor Uisce Still or Sparkling Water	1.75 3.50
Wild Orchard Rhubarb & Ginger Lemonade	3.50		
Wild Orchard Pink Lemonade	3.50		

### CANS

Coca Cola, Diet Coke, 7up, 7up Free, Club Orange

2.75

## COFFEE

Espresso [4]	2.50		
Americano	2.95		
Flat White [4]	3.25	ICED	
Cappuccino [4]	3.25		
Café Latté [4]	3.25		4.50
Café Mocha [4]	3.25		4.50
Chai Latté [4]	3.25		4.50
Add a shot of syrup	+ .70		

## TEAS

Irish Breakfast Tea	2.75
Java Republic Tea Pillows	2.90

## HOT CHOCOLATE

Hot Chocolate with marshmallows [4]	3.50
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## ALLERGEN KEY

1. Contains gluten 2. Nuts 3. Peanuts 4. Milk 5. Eggs 6. Fish 7. Shellfish/crustaceans 8. Soybeans 9. Molluscs 10. Mustard 11. Sesame seeds  
12. Sulphur dioxide 13. Lupin 14. Celery 15. Varies (please ask your server) [GF] Gluten Free | [VE] Vegan | [V] Vegetarian