



LUNCH MENU

12-4pm

Food by Gourmet Food Parlour

SMALL PLATES

- Soup of the day** with artisan bread **5.50** *(see server for allergens)*
Beef & chorizo meatballs in rich Marinara sauce with pesto & parmesan shavings **8** (1.1,2.1,4,5,10,12,14)
Panko calamari with citrus aioli **8** (1.1,4,5,8,9,3,10)
Spicy Buffalo wings with blue cheese dip **8** (1.1,4,8,11,14)
Artisan breads & dips **7** (1.1,1.2,1.3,4,11,12,13,15)

MAINS

- Cajun chicken quesadilla** - Monterey Jack, salsa, guacamole & sour cream dips, served with sweet potato fries **14.50** (1.1,4,5,8,10)
Falafel plate: falafel balls, hummus, roast beets, cucumber & rocket salad with tzatziki **14** (1.1,8) **ve**
Three bean Thai red curry with steamed basmati rice **14** *(add chicken +2) (8,14) | (add prawns +3) (7.2)* **ve**
Irish Hereford beef burger with Dubliner cheddar, crisp pancetta, lettuce, tomato, chipotle aioli, served with rustic fries **16** (1.1,4,10,12)
Burger in a bowl - Irish Hereford beef burger, goat's cheese, spinach, sundried tomatoes, red onion, olives, cucumber, balsamic dressing **16** (2.1,4,5,8,11,12)
Pan fried cod chorizo crumb, creamy mash, tender stem broccoli in caper & garlic butter **18** (1.1,4,6,12)
Chicken wings in hot buffalo sauce & blue cheese dip served with citrus salad & rustic fries **14** (1.1,4,8,11,14)
Scampi & chips - golden crumbed prawns served with rustic fries, citrus salad & tartar sauce **16** (1.1,5,7,2,10,12)

SANDWICHES **9** *(add small soup +3.50)*

- Chicken & stuffing** with aioli served on Bretzel granary (1.1,1.2,2,,5,10,11)
GFP ham & cheese - Irish ham, Dubliner cheddar, Dijon aioli, red onion & rocket on toasted Bretzel granary (1.2,4,5,10,11)
Mediterranean tuna - rocket, red onion, tuna & citrus aioli on ciabatta (1.1,4,5,6,10)
Superfood wrap - quinoa, butternut squash, mixed leaves, hummus & beetroot in toasted wrap *(add feta +1) (4) | (add chicken +2) (1.1,11)* **ve**
Roast beef - Gruyere cheese, rocket & horseradish aioli in toasted ciabatta (1.1,4,5,10,12)

SALADS

- Classic Caesar** - Cos lettuce, bacon, garlic & herb croute, Caesar dressing & parmesan **12** *(add chicken or smoked salmon +2) (1.3,4,8,10)*
Superfood - quinoa, beetroot, butternut squash, pomegranate, mixed leaves with citrus dressing & toasted seeds **12** (8,11) **ve**
(add chicken or smoked salmon +2) (6)
Grilled goats cheese - beetroot, apple, toasted walnuts & rocket with aged balsamic **13** (2.3,4,12) **v**
Chicken & chorizo sundried tomato, red onion & rocket with mango dressing **13** (4,12)

SIDES

- Rustic fries** with aioli **4** (1.1,5,8,10)
Sweet potato fries with aioli **5** (1.1,8,10,15) **v**
Waffle fries with chipotle aioli **5** (1.1,5,8,12) **v**
Garden salad **5** (15)

DESSERTS

- Warm salted caramel brownie** **6** (1.2,2.5,4,5)
Warm berry & apple crumble **6** (1.1,4,5)
Snickers cake **5** (2.2,3,5)
Cheesecake special **6** (15)
• all above served with vanilla ice cream (4,15)

Allergens - All precaution is taken while preparing food in our kitchens. Our kitchen is not a nut or gluten-free environment

1. gluten (1.1 wheat - spelt & khorasan wheat 1.2 rye 1.3 barley 1.4 oats) 2. nuts (2.1 almonds 2.2 hazelnuts 2.3 walnuts 2.4 cashews 2.5 pecan nuts 2.6 brazil nuts 2.7 pistachio nuts 2.8 macadamia/queensland nut)
3. peanuts 4. milk 5. eggs 6. fish 7. crustaceans (7.1 crab 7.2 prawns 7.3 lobsters 7.4 crayfish) 8. soybeans 9. molluscs (9.1 mussels 9.2 oysters 9.3 squid 9.4 snails) 10. mustard 11. sesame seeds
12. sulphur dioxide and sulphites 13. lupin 14. celery 15. varies - **v** vegetarian **ve** vegan