



## ★ BEVERAGES ★

### COFFEE

Espresso	€3.15
Macchiato 7	€3.65
Americano	€3.15
Cappuccino 7	€3.95
Flat White 7	€3.95
Café Latte 7	€3.95
Chai Latte 7	€3.95
Vanilla Latte 7	€4.50
Hazelnut Latte 7, 8	€4.50
Café Mocha 7	€4.40
Hot Chocolate 7	€4.40

### TEA

Irish Breakfast	€2.80
Green Tea	€3.00
Chamomile Tea	€3.00
Peppermint Tea	€3.00
Earl Grey	€3.00
Red Berry Infusion	€3.00
Pure Rooibos	€3.00
Decaffeinated Tea	€3.00
Pure White Tea	€3.00

# LUNCH

## Desserts €8.50

### Crème Brûlée

With a bourbon vanilla ice cream.  
(3,7)

### Chocolate & Coconut Vegan Tart

With a gluten-free raspberry sorbet.  
(6,8,12) GF

### Potted Cheese Cake

Please ask for chef's choice.  
(1 Wheat,3,7,12)

### Selection of Ice Cream

With trio of sauces.  
(3,7,12)

## ALLERGENS

- |                |                     |
|----------------|---------------------|
| 1. Gluten      | 9. Celery           |
| 2. Crustaceans | 10. Mustard         |
| 3. Eggs        | 11. Sesame Seeds    |
| 4. Fish        | 12. Sulphur Dioxide |
| 5. Peanuts     | 13. Molluscs        |
| 6. Soybeans    | 14. Lupin           |
| 7. Milk        | GF. Gluten Free     |
| 8. Nuts        | V. Vegetarian       |



## ★ LUNCH MENU ★

### Canal Express Sandwiches

#### Buttermilk Fried Chicken Wrap €13.50

Beef tomato, rocket, red onion, bacon, chesse and chilli mayo.  
(1 wheat,3,7)

#### Smoked Salmon, Chive and Lemon Cream Chesse Bagel €12.50

With a rocket salad.  
(1 wheat,3,4,7)

#### Classic BLT €13.50

Smoked bacon, beef tomato and baby gem lettuce.  
Served on grilled ciabatta bread.  
(1 wheat,7,12)

#### Pastrami Reuben €15.00

Saute onion, rocket, mustard mayonnaise topped with swiss cheese.  
Served on onion bread.  
(1 wheat,3,7,12)

#### Honey Baked Ham €11.50

With a duo of cheese's and ballymaloe relish.  
Served on grilled sourdough bread.  
(1 wheat,3,7,12)

#### Vegan Breaded Chick'N Wrap €11.50

With rocket, red onion, tomato and garlic aioli.  
(1 wheat) (v)

#### All sandwiches served with homemade chips and salad.

Add soup €3.00.



## ★ LUNCH MENU ★

### Mains

#### Vegan Madras Curry €18.00

With black forest smoked tofu. Served with wild rice.  
Add Chicken €3.00 (6,9,12) - Add Wild Tiger Prawns €5.50 (2,4,6,9,12)  
(6,9,12) (v)

#### Salt Aged 8oz Prime Irish Beef Burger €19.50

Smoked streaky bacon, monterey cheese a red pepper relish and a chipotle aioli. Served with homemade chips.  
(1 wheat,3,7,12)

#### Southern Fried Chicken Burger €19.50

Smoked paprika aioli with gouda cheese, romaine lettuce and sweet sundried tomatoes. Served with homemade chips.  
(1 wheat,3,7,12)

#### Traditional Beer Battered Fish N Chips €22.50

Minted mushy peas, chunky chips and homemade tartar sauce.  
(1 wheat,4,12) GF

#### Aubergine, Courgette & Chickpea Stew €17.00

Rich tomato stew sauce with peppers, red onion & topped with fresh coriander.  
(9,12) (v)

#### Smoked Chicken Caesar Salad €18.50

Crispy bacon, garlic herb croutons, homemade caesar dressing and shaved parmesan.  
(1 Wheat,3,4,7,12)

#### Smoked Tofu Salad €16.50

Vine cherry tomatoes, cucumber, avocado, roasted pine nuts.  
(5,10) (v)

### Starters & Snacks

#### Soup of the Day €6.50

Ask your server for allergens.

#### Goats Cheese & Walnut Tartlet €12.50

Baby mixed leaf salad.  
(1 wheat,3,7)

#### Brie & Parma Ham Parcels €12.50

Apple, red onion, and cherry tomato chutney.  
(1 wheat,3,7,12)

#### Chicken Wings

#### SMALL €13.50 LARGE €20.50

Hot and spicy chicken wings. (1,7,12)  
Jack Daniels BBQ chicken wings. (1,12)  
Honey soya and sesame seed chicken wings.  
(1,6,11)

GF bread available on request.

There are nuts present in our kitchen, therefore all dishes may contain slight traces.

Please alert a member of our team if you can have any food allergy or intolerance. Our food is prepared in kitchens that contain all allergens & there is a risk of cross contamination.