



★ BEVERAGES ★

COFFEE

| | |
|-----------------------|-------|
| Espresso | €2.70 |
| Espresso Macchiato | €2.70 |
| Americano | €2.70 |
| Cappuccino | €3.30 |
| Flat White | €3.30 |
| Café Latte | €3.30 |
| Chai Latte | €3.30 |
| Caramel/Vanilla Latte | €3.80 |
| Hazelnut Latte | €3.80 |
| Café Mocha | €3.80 |
| Hot Chocolate | €3.80 |
| Macchiato | €3.00 |

TEA

| | |
|---------------------|-------|
| Irish Breakfast Tea | €2.50 |
| Green Tea | €2.80 |
| Camomile Tea | €2.80 |
| Peppermint Tea | €2.80 |
| Earl Grey | €2.80 |
| Red Berry Infusion | €2.80 |
| Pure Rooibos | €2.80 |
| Decaffeinated Tea | €2.80 |
| Pure White Tea | €2.80 |

SMOOTHIES

REGULAR €4 / GO LARGE €5

Very Berry

Mixed Berries, Cranberry Juice, Honey

Mango Tango

Mango and Pineapple, Orange Juice, Honey

Detox

Broccoli, Kale, Cucumber, Mint, Parsley, Lime Juice, Honey

CREAM FRAPPES

REGULAR €5 / GO LARGE €6

Fruit Frappe

Frappe Base, Whipped Cream, Fruit, Cream & Milk

Flavoured Frappe

Frappe Base, Whipped Cream, Flavoured Syrup, Cream & Milk

Coffee Frappe

Frappe Base, Whipped Cream, Coffee, Cream & Milk

DAY MENU

CANALEXPRESS ☆
at the
Grand Canal Hotel

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at the
Grand Canal Hotel



★ DAILY SPECIALS ★

Soup of the Day €5.50

Served with Homemade

Guinness Bread

[Ask your server for details](#)

Chef's Daily Special

[Ask your server for details](#)

★ 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 |

GF bread available on request. There are nuts present in our kitchen, therefore all dishes may contain slight traces.



★ BREAKFAST MENU ★

AVAILABLE FROM 7:00AM TO 12:00PM

Fresh Fruit Salad €4.50

GF, V

Chocolate or Almond Croissant €2.75

1 (wheat, yeast), 3, 7, 8 (almonds), V

Plain Croissant €2.50

1 (wheat, yeast), 3, 7

Ham & Cheese Croissant €4.95

1 (wheat, yeast), 3, 7

Homemade Freshly Baked Scone €3.50

Served with Cream and Jam

1 (wheat), 3, 7, V

Muffin €3.20

Blueberry, Sticky Toffee or Chocolate

1 (wheat), 3, 7, V

Porridge €5.00

Banana, Strawberry and Honey

1 (wheat), 7, V, GF option available

Pumpkin Seed, Sunflower Seed,

Cranberry and Honey

1 (wheat), 3, 7, V, GF option available

Breakfast Buttie €6.95

Freshly cooked Bacon or Sausage on

a soft Ciabatta Roll

1 (wheat, yeast), 3, 7

Energiser Breakfast Bowl €5.50

Energy Booster

1 (rye), 5, 7, 8 (hazelnuts), V

Healthy Choice

1 (barley), 7, V

Fruity Brekkie

1 (wheat), 7, 8 (hazelnuts, almonds), V

Waffles €8.95

with Bacon, Maple Syrup and Egg. 1 (wheat), 3, 7

with Strawberries & Cream 1 (wheat), 3, 7, V

Poached Eggs on Brioche Bun €9.50

Poached Eggs, Drizzle of Salmon and

Avacodo on Brioche Bun

1 (wheat, yeast), 3, 4, 7

Chickpea with Red Pepper, Egg & Feta Hash with Tiger Bread €8.95

1 (wheat), 3, 7, 9, 10, V

Chorizo with Red Pepper, Egg & Feta Hash with Tiger Bread €9.25

1 (wheat), 3, 7, 9, 10

Smoked Salmon Bagel €9.50

Smoked Salmon & Cream Cheese

1 (wheat, yeast), 3, 4, 7



★ LUNCH MENU ★

AVAILABLE FROM 12:00PM TO 3:00PM

Chef's Gourmet Sandwiches

Philly Cheese Sandwich €8.50

Slow Cooked Chuck of Beef, Red & Green Peppers,

Smokey BBQ Sauce, Monterey Jack Cheese,

Basil & Oregano served on Tomato Ciabatta Bread

1 (wheat, yeast), 6, 7, 9, 10, 12

Bistro Turkey Sandwich €7.95

Roast Turkey in Apple Cider, Baby Gem Lettuce,

Sliced Pear, Dijon Mustard Mayonnaise, Fresh Basil,

Cayenne Pepper, Emmental Cheese served in

Brioche Bun

1 (wheat, yeast), 3, 6, 7, 9, 10, 11, 12

Cheese French Onion Chicken Sandwich €7.95

Roast Chicken, Caramelised Onions, Baby Spinach,

Mustard Mayonnaise, Smoked Applewood Cheese

served on Potato Brioche Bun

1 (wheat, yeast), 3, 6, 7, 9, 10, 12

Greatest Ham Sandwich €7.95

Hand Sliced Premium Cooked Ham, Herb &

Mustard Mayonnaise, Cheddar Cheese, Baby

Mix Leaves, Sliced Plum Tomato, Red Onion

served on Crusty Tiger Bread

1 (wheat, yeast), 7, 10

Mediterranean Veggie Sandwich €7.50

Cilantro Jalapeno Hummus, Sweet Pepper,

Sliced Plum Tomato, Fresh Cucumber,

Red Onion, Baby Mix Leaves, Feta Cheese

served on Wholemeal Bloomer Bread

1 (wheat, yeast), 12, V

Freshly Made Salads

Served with Homemade Guinness Bread

Winter Pear Salad €8.50

Baby Mix Leaves, Baby Gem Lettuce, Pears,

Pecan Nuts, Dried Cranberries, Cashel

Blue Cheese, House Lemon Vinaigrette

1 (wheat, barley), 3, 5, 7,

8 (walnuts, pecan nuts), 9, 12, V

Caesar Salad €8.50

Baby Gem Lettuce, Smoked Streaky Bacon,

Grana Padano Cheese, Croutons and

Homemade Caesar Dressing

1 (wheat, barley, yeast), 3, 7

Superfood Salad €9.50

Goats Cheese, Avocado, Blueberry, Beetroot,

Butternut Squash, Baby Spinach,

Walnuts and Lemon Dressing

1 (wheat, barley), 7, 8 (walnuts), 9, V

Add to your Salad or Sandwich:

Side Salad GF, V €2.95

Small Soup of the Day €2.00

[Ask server for allergens](#)

Chips Regular €3.00

Chips Large €4.50

Chicken GF €2.50

Smoked Salmon 4, GF €3.00

Tuna 4, 12, GF €2.00

Bacon GF €2.00

Avocado V, GF €3.00