



★ BEVERAGES ★
AVAILABLE FROM 7:00AM TO 3:00PM

COFFEE

Espresso	€2.60
Espresso Macchiato	€2.60
Americano	€2.60
Cappuccino 7	€3.20
Flat White 7	€3.20
Café Latte 7	€3.20
Chai Latte 7	€3.20
Caramel/Vanilla Latte 7	€3.60
Hazelnut Latte 7, 8	€3.60
Café Mocha 7	€3.60
Hot Chocolate 7	€3.60
Macchiato 7	€3.60

TEA

Irish Breakfast	€2.10
Green Tea	€2.60
Camomile Tea	€2.60
Peppermint Tea	€2.60
Earl Grey	€2.60
Red Berry Infusion	€2.60
Pure Rooibos	€2.60
Decaffeinated Tea	€2.60
Pure White Tea	€2.60

FRUIT SMOOTHIES €4.00

Berry Berry 7

Cranberry Juice, Strawberries, Raspberries, Banana & Frozen Yogurt

Mango Passion 7

Orange Juice, Mango, Pineapple, Banana & Frozen Yogurt

Tropical 7

Apple Juice, Banana, Mixed Tropical Fruit & Frozen Yogurt

Honey Child 7

Orange Juice, Pineapple, Honey, Banana & Frozen Yogurt

Sweet Berry 7

Orange Juice, Strawberries, Honey, Banana & Frozen Yogurt

Breakfast Time 7

Orange Juice, Mango, Melon, Banana, Pineapple, Frozen Yogurt

DAY MENU

CANALEXPRESS
at the
Grand Canal Hotel

CANALEXPRESS
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 €3.50

GF, V

Chocolate or Almond Croissant €2.50

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

Ham & Cheese Croissant €4.25

1 (wheat, yeast), 3, 7

Freshly Baked Scone €3.50

With Cream and Jam

1 (wheat), 3, 7, V

Muffin €3.00

Blueberry, Sticky Toffee or Chocolate

1 (wheat), 3, 7, V

Porridge €4.00

Banana, Strawberry and Honey

7, GF, V

Pumpkin Seed, Sunflower Seed,

Cranberry and Honey

3, 7, GF, V

Fig, Apricot, Orange Compote and Coconut

Breakfast Buttie €5.75

Freshly cooked Bacon or Sausage on

a soft Ciabatta Roll

1 (wheat, yeast), 3, 7

Energiser Breakfast Bowl €5.20

Energy Booster

Rye Flakes, Banana, Grapes, Honey, Dried
Cranberries, Mixed Nuts, Seeds and Cinnamon

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

Healthy Choice

Barley Flakes, Strawberries, Raisins, Raspberries,
Dried Goji Berries, Chia Seeds

1 (barley), 7, V

Fruity Brekkie

Muesli, Banana, Strawberries, Melon, Apples,
Grapes, Apricot and Orange Compote

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

Poached Egg Muffin €5.20

Smoked Salmon and Avocado

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

Bacon and Baked Beans

1 (wheat, yeast), 3, 7, 12

Eggs Benedict

1 (wheat, yeast), 3, 7, 12, V

Smoked Salmon Bagel €8.75

Smoked Salmon & Cream Cheese

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

Bacon & Egg Bagel €8.75

Bacon and Scrambled Egg

1 (wheat, yeast), 3, 7



★ LUNCH MENU ★

AVAILABLE FROM 12:00PM TO 3:00PM

Chef's Gourmet Sandwiches €6.50

The Ultimate Turkey Sandwich

Roast Turkey, Brie Cheese, Baby Gem Lettuce,
Cranberry Mustard served on Granary Bread

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

Smokey Chicken Bloomer

Roast Chicken in Smokey BBQ Sauce, Rocket Leaves,
Jalapeno Peppers, Mustard Mayonnaise served on
White Bloomer Bread

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

Roast Beef Ciabatta

Irish Prime Roast Beef, Red Onion Marmalade, Smoky
BBQ Sauce, Applewood Cheese, Wholegrain Mustard
Mayonnaise served on a Multi-Seed Ciabatta Bread

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

Ham Hock Classic

Braised Ham Hock, Dijon Mustard, Shredded Cabbage,
Fennel, Apple, Monterey Jack Cheese, Mayonnaise
served on a Tomato Ciabatta Bread

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

Baked Falafel Wrap

Baked Falafel Balls, Yoghurt & Lime Dressing,
Avocado, Rocket Leaves and Sun kissed Tomato
Salsa served on a Tortilla Wrap

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

Open Smoked Salmon Sandwich

Oak Smoked Irish Salmon, Cream Cheese,
Garden Herbs, Baby Capers served on
Homemade Guinness Bread

1 (wheat, barley), 4, 7, 12

Freshly Made Salads €7.95

Served with

Homemade Guinness Bread

Falafel Beet Salad

Falafel, Quinoa, Chickpeas, Pickled Beetroot,
Rocket, Peanuts, Walnuts, selection of
Garden Herbs and Lemon Vinaigrette

1 (wheat, barley), 3, 5, 7, 8 (walnuts), 9, 12, V

Caesar Salad

Baby Gem Lettuce, Smoked Streaky Bacon,
Grana Padano Cheese, Croutons and
Homemade Caesar Dressing

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

Superfood Salad

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

Soup of the Day €2.00

Ask server for allergens

Chicken GF €2.00

Smoked Salmon 4, GF €2.00

Falafel 1 (wheat), 3, 12, V €2.00

Tuna 4, 12, GF €2.00

Bacon GF €2.00

Avocado V, GF €2.00