



Eat Me...

CHICKEN MAYONNAISE WITH SPRING ONION SANDWICH

511 calories

6.95

HONEY BAKED HAM, CHEESE AND RELISH SANDWICH

603 calories

6.95

EGG MAYONNAISE SANDWICH

417 calories

6.95

FRESH SOUP OF THE DAY, SERVED WITH SODA BREAD

<399-445 approx calories

5.00

CLASSIC CLUB SANDWICH

Breast of chicken, bacon, tomato, lettuce & relish served on a toasted triple decker bloomer bread and chunky chips.

768 calories

9.95

HEALTHY WRAP

A light tuna, vegetable and creamed cheese mix in your choice of plain, spinach or tomato tortilla wrap and served with a side salad

302 calories

8.25

CAJUN CHICKEN

Ciabatta loaf with Cajun chicken, seasonal leaves, beef tomato and honey mustard, served with chunky chips

567 calories

8.95

ASIAN DUCK WRAP

Shredded Peking duck, gingered vegetables and hoi sin sauce with a chilli mayo in your choice of plain, spinach or tomato tortilla wrap and served with a side salad

563 calories

8.50

SMOKED SALMON

Salmon served with creamed cheese and fresh soda bread

464 calories

9.95

Eat Me...

CAESAR SALAD SELECTION

Caesar dressed cos lettuce, crisp bacon, shaved parmesan, pumpkin seeds and toasted garlic bread

544 calories

8.50

Topped with grilled Cajun chicken

678 calories

9.95

Topped with grilled prawns

535 calories

10.95

BEEF BURGER

Our 100% Irish beef burger with melted cheese, salad garnish, relish and chunky chips

1269 calories

15.95

HOMEMADE LASAGNE

Traditional Italian Lasagne served with toasted garlic bread and a salad garnish

787 calories

12.95

8OZ SIRLOIN STEAK

Served with chunky chips, sautéed onions and pepper sauce

593 calories

22.95

CHUNKY CHIPS

With our pan Pacific mayonnaise and hot tomato dips

454 calories

4.95

Treat Me...

FRESH PASTRIES

DANISH 339 calories

MUFFINS: BLUEBERRY 339 calories

CHOCOLATE 432 calories

2.95

CROISSANTS WITH BUTTER AND JAM 369 calories

HOMEMADE SCONE WITH BUTTER AND JAM

336 calories

3.95

Available until 11.30am

CHOCOLATE FUDGE CAKE

Served with vanilla ice cream

552 calories

5.95

DEEP FILLED APPLE PIE

Served warm with vanilla ice cream

481 calories

5.95

Drink Me...

Decaf coffee & Soya milk available

ESPRESSO/DOUBLE ESPRESSO

A shot of very strong coffee, robust and full flavour

0 (TRACE) calories

2.75/3.50

AMERICANO

A black coffee made using espresso beans mellowed with hot water

9 calories

2.95

FLAT WHITE

Just like a latte but with less milk, giving you that extra coffee hit

50 calories

3.50

CAFE LATTE

Italian for 'coffee and milk' - frothy milk gently folded into a full bodied espresso

69 calories

3.75

CAPPUCCINO

A strong espresso shot combined with smooth textured milk and sprinkled with chocolate

70 calories

3.75

MOCHA

A chocolate coffee drink: espresso, chocolate and textured milk

160 calories

3.95

HOT CHOCOLATE

A cup of milky rich hot chocolate with marshmallows

260 calories

3.95

TRADITIONAL TEA

Blend of the finest African teas, rich golden colour and full bodied flavour

0 (TRACE) calories

2.95

SELECTION OF SPECIALTY TEAS

Earl grey, chamomile, peppermint, apple spice, lemon zest, Chinese green, wild berry, apricot blossom and afternoon decaffeinated

3 calories

2.95

Sip Me...

WHITE

ITALY

PINOT GRIGO, VILLA DEL LAGO

175ML GLASS / BOTTLE

6.50 / 26.00

CHILE

SAUVIGNON BLANC, TOLTEN

5.75 / 23.00

AUSTRALIA

CHARDONNAY, PENFOLDS PRIVATE RELEASE

7.00 / 28.00

RED

CHILE

CABERNET SAUVIGNON, TOCORNAL

175ML GLASS / BOTTLE

5.75 / 23.00

CHILE

MERLOT, TOLTEN

6.00 / 24.00

ARGENTINA

MALBEC, PAULA

6.75 / 27.00

Food traceability

We ensure that all our suppliers provide us with full food traceability on all our products. Our meats are 100% Irish.

Nutritional Information

We worked with Healthpro to provide nutritional information on all our dishes so that our guests can follow this healthy guide as part of their lifestyle choices.

For full detail nutritional analysis of each dish, please visit our website which has a link to our different menus.



FREE Wi-Fi in all our lounge areas

Uncontended 100mb up & down fibre connection.

Enjoy Me...



LUNCH

Dublin IFSC, Cork, Dublin Airport, Limerick,
Dublin Liffey Valley and Sligo