



## Eat Me...

### CHICKEN MAYONNAISE WITH SPRING ONION SANDWICH

511 calories

5.75

### HONEY BAKED HAM, CHEESE AND RELISH SANDWICH

603 calories

5.75

### EGG MAYONNAISE SANDWICH

417 calories

5.50

### 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

7.95

### CAJUN CHICKEN

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

567 calories

7.95

### 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

8.50

## Eat Me...

### CAESAR SALAD SELECTION

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

544 calories

7.95

Topped with grilled Cajun chicken

678 calories

8.95

Topped with grilled prawns

535 calories

9.95

### BEEF BURGER

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

### HOMEMADE LASAGNE

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

787 calories

12.95

11.95

### CHUNKY CHIPS

With our pan Pacific mayonnaise and hot tomato dips

454 calories

3.95

## Treat Me...

### FRESH PASTRIES

#### DANISH

339 calories

#### MUFFINS: BLUEBERRY

339 calories

#### CHOCOLATE

432 calories

2.50

#### CROISSANTS WITH BUTTER AND JAM

369 calories

#### HOMEMADE SCONE WITH BUTTER AND JAM

336 calories

2.50

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

5.50

# Enjoy Me...



LUNCH

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

## Sip Me...

WHITE		175ML GLASS / BOTTLE
ITALY	<b>PINOT GRIGO, VILLA DEL LAGO</b>	<b>6.50 / 25.00</b>
CHILE	<b>SAUVIGNON BLANC, TOLTEN</b>	<b>5.95 / 22.00</b>
AUSTRALIA	<b>CHARDONNAY, PENFOLDS PRIVATE RELEASE</b>	<b>6.95 / 26.00</b>

RED		175ML GLASS / BOTTLE
CHILE	<b>CABERNET SAUVIGNON, TOCORNAL</b>	<b>6.25 / 24.00</b>
CHILE	<b>MERLOT, TOLTEN</b>	<b>5.95 / 22.00</b>
ARGENTINA	<b>MALBEC, PAULA</b>	<b>6.50 / 25.00</b>

## 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.

## Drink Me...

Decaf coffee & Soya milk available

<b>ESPRESSO/DOUBLE ESPRESSO</b> A shot of very strong coffee, robust and full flavour 0 (TRACE) calories	<b>2.75/3.25</b>
<b>AMERICANO</b> A black coffee made using espresso beans mellowed with hot water 9 calories	<b>2.90</b>
<b>FLAT WHITE</b> Just like a latte but with less milk, giving you that extra coffee hit 50 calories	<b>2.95</b>
<b>CAFE LATTE</b> Italian for 'coffee and milk' - frothy milk gently folded into a full bodied espresso 69 calories	<b>2.95</b>
<b>CAPPUCCINO</b> A strong espresso shot combined with smooth textured milk and sprinkled with chocolate 70 calories	<b>2.95</b>
<b>MOCHA</b> A chocolate coffee drink: espresso, chocolate and textured milk 160 calories	<b>3.00</b>
<b>HOT CHOCOLATE</b> A cup of milky rich hot chocolate with marshmallows 260 calories	<b>3.00</b>
<b>TRADITIONAL TEA</b> Blend of the finest African teas, rich golden colour and full bodied flavour 0 (TRACE) calories	<b>2.60</b>
<b>SELECTION OF SPECIALTY TEAS</b> Earl grey, chamomile, peppermint, apple spice, lemon zest, Chinese green, wild berry, apricot blossom and afternoon decaffeinated 3 calories	<b>2.60</b>