



Appetisers

Portobello mushroom topped with Cashel blue and honey dressing & toasted pine nuts on a bed of green salad with sunkissed tomatoes	€10.00
Ardsallagh goats cheese bruschetta with red onion marmalade and coriander pesto on green salad	€10.50
Choice of Terrine (on the pigs back) with griddled sourdough, our own preserve & salad garnish	€10.50
Frank Hederman's smoked salmon with Louise's brown soda bread	€12.00
Serrano ham with marinated miniature figs and Griddled sourdough	€9.50
Ardsallagh goats cheese with marinated Miniature figs and crackers	€9.50
Chicken liver pate with in house preserves, Griddled sourdough bread and salad garnish	€8.50

Salami, sunkissed tomatoes & St.Tola cheese, With griddled sourdough bread	€9.00
Olives with griddled sourdough bread	€5.50
Hummus with griddled sourdough bread	€5.50
Roasted peppers and artichoke hearts with Griddled sourdough bread	€6.50
Tapenade toasts	€3.50



Mains

Roasted Mediterranean vegetables with cous cous salad, spiced tomato sauce and coriander pesto, served with hummus and griddled sourdough bread	€12.50
Ploughmans Platter of our own honey glazed Ham and carrigaline farmhouse cheese, served With in house pickles and preserves and griddled Sourdough bread	€13.50
Confit of duck leg with braised red cabbage and herb potatoes (20mins to cook)	€15.50
Veggie Steak sandwich of portobello mushroom, fried red onion and herb mayonnaise, served with a green salad, roasted peppers and artichoke hearts	€12.50
O'Flynn's Cumberland style sausage served with herb potato cakes, mixed beans in our spiced tomato sauce and red onion marmalade.	€10.50
Irish Stew served with brown soda bread	€12.50
Veggie bean casserole of roasted root vegetables Topped with Dubliner cheddar and basil pesto	€11.00
Chicken livers, bacon and red onion in a creamy red wine sauce with baby leaf spinach, portobello Mushroom and griddled sourdough bread	€13.50

Tagliatelle with meatballs in our spiced tomato Sauce, parmesan cheese and griddled sourdough Bread	€13.00
Slow roasted pork belly with cous cous, hummus And green salad, served with sourdough bread	€13.50
Chicken and mushrooms with tarragon in a white Wine cream sauce, topped with puff pastry and Served with our green salad	€13.50

Platters

Artisan cheese board Selection of cheeses from our deli counter, local Honey and marinated miniature figs	€14.00
Antipasta Platter Selection of mediterranean meats, parmesan, olives	€16.50
Mezza Plate Middle eastern dips	€16.50



On The Side

Buttered french beans	€5.00
Herb potatoes	€5.50
Mixed beans in a spiced tomato sauce	€3.50
Green salad topped with parmesan shavings	€4.50
Creamy root vegetables	€5.50
Braised red cabbage	€4.50
Herb potato cakes	€5.50

From The Griddle

Spicy Lamb Burger	€9.50
Beef Burger	€9.50
Chicken Burger	€10.00
B.L.T	€9.50
Veggie Burger	€9.50

Our burgers are served on Broadway Bagels with a salad of green leaves, carrot salad, potato salad and pickled cucumber.

Burgers can be ordered without salad for	€6.50
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Sandwiches

Our own honey glazed ham, in house piccalilli And carrigaline farmhouse cheese	€6.00
Slow roasted pork belly, baby leaf spinach And hummus	€9.00
Ardsallagh goats cheese, olives, sunkissed Tomatoes, basil pesto and mixed leaves	€9.00
Gubbeen cheese with roasted cherry tomatoes And herb mayo	€6.00
Chicken salad	€6.50



Salads

	small	large
Garden Salad	€7.50	€11.50
Coronation Chicken Mild curry, apricots	€10.50	€14.50
Ardsallagh Goats Cheese	€10.50	€14.50
Salad Nicoise	€11.50	€15.50
Tossed mixed bean, Serrano Ham, sunkissed tomato Pesto dressing	€10.50	€14.50