

THE LOUNGE LUNCH MENU

Soup of the Day (V)(V)	€6.50
Home-made brown bread (1,wheat,2,3,4)	
Baked Goat's Cheese Tart (V)	€8.75
Fig, hazelnut & pickled beetroot (1,wheat,4,5,9)	
Sichuan Pepper Calamari	€9.50
Smoked paprika aioli (1,wheat,3,10)	
Spicy Chicken Wings	€8.50
Frank's hot sauce, blue cheese dressing & celery sticks (2)	
Mespil Caesar Salad (V)(V) <i>on request</i>	€8.00 / main €11.00
Baby gem lettuce, croutons, parmesan cheese, crisp bacon (1,wheat,3,4)	
(€6.00 Grilled Chicken)	
Poke Bowl (V)(V)	€7.50 / main €10.50
Spiced sweet potato, beetroot hummus, avocado, roast aubergine, grated carrot, rocket, pinenuts & lemon dressing (5,9)	
(€6.00 Grilled Chicken)	
Open Smoked Salmon Sandwich	€8.50
On home-made brown bread, mixed leaves & honey mustard dressing	
<i>(served with skinny fries or soup)</i> (1,wheat,5,10)	
Toasted Ham, Cheese and Tomato Sandwich	€9.00
Served on a choice of white or brown bread	
<i>(served with skinny fries or soup)</i> (1,wheat,4)	
Reuben Sandwich	€8.50
Pastrami, sauerkraut, Swiss cheese & thousand island dressing served on olive bread.	
<i>(served with skinny fries or soup)</i> (1,wheat,3,4,5,9)	
Fish & Chips	€17.25
Beer battered fillet of hake, pea purée, chunky chips & tartar sauce (1,wheat,3,5,10)	
Chicken Tikka Makhni	€16.50
Basmati rice, poppadoms, & home-made pickles (1,wheat,4,5)	

SIDES **Skinny Fries** (1, wheat) €4.75 **Side Salad** (5) €4.50

ALLERGEN INDEX

1 Gluten , 2 Celery, 3 Eggs, 4 Milk, 5 Mustard, 6 Soya, 7 Sesame, 8 Peanuts, 9 Nuts, 10 Fish, 11 Crustacean 12 Mollusc, 13 Sulphur Dioxide, 14 Lupin,

(V) Vegetarian Friendly Option (V) Vegan Friendly Option