

Sandwiches

Multigrain or White Pan Bread with Garnish

Sandwich of your choice ^{1,6,7}	
Ham, Cheddar Cheese, Salad, Tomato	
One filling	4.50
Two fillings	4.70
Chicken Salad	4.70
Roast Chicken Breast, Mayonnaise & Salad Leaves	^{1,3,6,7,10} ◇
Fresh Salmon	5.30
Marie Rose Sauce, Salad Leaves on Multigrain Pan Bread	^{1,3,4,6,7,10} ◇
Toasted Special	4.70
Ham, Cheese, Tomato & Onion	^{1,6,7,10} ◇
Toasted Veggie Special	4.70
Tomato, Cheese, Spinach, Ballymaloe Relish	^{1,6,7,10} ◇
Toasted BLT Sandwich	4.70
Bacon, Salad Leaves & Tomato with Mayonnaise	^{1,3,6,7,10} ◇
Toasted BCT Sandwich	4.90
Bacon, Chicken & Tomato with Mayonnaise	^{1,3,6,7,10} ◇

Speciality Sandwiches

Wrap / Ciabatta with Garnish

Cajun Chicken	7.60
Cajun Chicken, Cajun Mayonnaise, Salad Leaves, Spring Onion & Melted Cheddar Cheese	^{1,3,6,7,9,10}
California	7.60
Roast Chicken, Chilli Jam, Roasted Red Pepper, Red Onion, Cheddar Cheese, Spinach & Cream Cheese	^{1,6,7}
Goats Cheese	7.60
Goats Cheese, Salad Leaves, Roasted Peppers, Sun-dried Tomatoes & Caramelised Onions	^{1,6,7}
Ploughmans	7.60
Baked Rosemary Ham, Cheddar Cheese, Tomato & Ballymaloe Relish	^{1,6,7}
Shredded Beef	8.60
Shredded Slowcooked Balsamic Beef, Red Onion, Mozzarella, Horseradish Cream & Spinach	^{1,6,7,12}

Open Sandwiches

homemade brown bread with lettuce,
tomato, potato salad & coleslaw ^{1,3, 7, 10, 12} ◇

Open Fresh Salmon with Marie Rose Sauce	^{1,3,4,7,10,12} ◇	7.60
Open Roast Chicken with Mayonnaise	^{1,3,7,10,12} ◇	6.60
Open Smoked Salmon with Marie Rose Sauce	^{1,3,7,10,12} ◇	9.00
Open Prawn with Marie Rose Sauce	^{1,2,3,7,10,12} ◇	8.50
Open Crab with Marie Rose Sauce	^{1,2,3,6,7,10,12} ◇	9.50

Sandwich Menu

Sandwich Menu

Soup

Homemade Vegetable Soup 1,3,7,12 ◇ 4.90
with homemade brown bread

Salads

Irish Oak Smoked Salmon Salad €14.50
Clarke's of Ballina Smoked Salmon, sun-dried tomatoes, croutons,
potato wedges, drizzled with basil nut pesto **OR** caesar salad dressing
1,4,6,7,8,9,10 ◇*

Chicken Caesar Salad €13.50
Warm cajun spiced chicken breast, crispy bacon, croutons, parmesan
shavings & lettuce drizzled with caesar salad dressing 1,3,6,7,9,10* ◇

Warm Fivemiletown Goats Cheese Salad €13.50
Grilled goats cheese tossed with lettuce, roasted peppers,
sun-dried tomatoes, potato wedges & drizzled
with basil nut pesto & balsamic vinegar 7,8,12*

Atlantic Salmon Salad €14.90
Fresh Salmon, mixed leaves, free range egg, baby tomatoes, spring onion,
potato wedges, homemade dressing 1,3,4,10,12* ◇

Vegetarian Salad €11.90
Leaves, homemade potato salad & coleslaw, fruit, cheese, tomato
& free range egg 3,7,10,12

No additional side orders included with the above dishes

Side Orders

Side Salad 3,6, 7, 10,12 3.00
Coleslaw, Potato Salad, Salad Leaves

Tossed Salad 10,12 3.00
Mixed Leaves, Tomato, Red Onion, House Dressing

Chips * / Potato Wedges 1,* 3.00

Allergens please note ingredients may change periodically, any changes will be updated in the allergen folder, held at main desk, please ask your server.

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|----------------|-------------|--------------|------------------|--------------|
| 1. Gluten | 4. Fish | 7. Milk | 10. Mustard | 13. Lupin |
| 2. Crustaceans | 5. Peanuts | 8. Tree Nuts | 11. Sesame Seeds | 14. Molluscs |
| 3. Eggs | 6. Soybeans | 9. Celery | 12. Sulphite | |

* Food is subject to contamination with Wheat, Milk, Egg, Soy, Fish, Crustaceans

** Traces of barley, fish

*** Traces of Wheat less than 20ppm

◇ glutenfree version available