

# **SANDWICH MENU**

**Fri/Sat 1-4**

***Lunch Deal: any sandwich & Mug of Soup 10***

**IRISH HAM AND CHEDDAR DELUX 7.50**  
**HONEY ROASTED HAND CARVED HAM CHEDDAR CHEESE**  
**HOMEMADE COLESLAW AND ROCKET**  
**BALLYMALOE AND MAYO ON BLOOMER (1,3,7,9,10)**

**THE CAPRESE 7.50**  
**FRESH BUFFALO MOZZARELLA AND VINE TOMATOES**  
**HOMEMADE PESTO DRIZZLE OF BALSAMIC**  
**ON A CIABATTA ROLL (1,7,12)**

**THE TANDOORI CHICKEN 7.50**  
**MARINATED TANDOORI CHICKEN**  
**SHREDDED LETTUCE TOMATO AND RED ONION**  
**ON A CRISPY CIABATTA ROLL (1,3,7)**

**THE FALAFEL 7.50**  
**HOMEMADE SPINACH FALAFEL**  
**SHREDDED LETTUCE TOMATO AND RED ONION**  
**YOGHURT AND MINT SAUCE IN A PITTA (1,7)**

## ***SALAD BOWLS***

**GREEK SALAD 7.50**  
**FETA CHEESE RED ONION AND CUCUMBER**  
**TOMATOES OLIVES AND MIXED GREENS (7,9,10)**

**PIRI PIRI CHICKEN SALAD 8.50**  
**STRIPS OF PIRI PIRI CHICKEN ROASTED RED PEPPERS**  
**TOMATOES RED ONION CUCUMBER AND MIXED GREENS (1,6,9,10)**

**Dietary requirements re Allergies**

**--- Please State Your Dietary Requirements when Ordering ---**

**Please be advised that cross contamination may occur due to factors beyond our reasonable control.**

**( we source our food from local registered suppliers/manufacturers)**

**Please ask your server if further clarification is required**

**ALLERGENS: (1) Wheat (2) Crustacean (3) Eggs (4) Fish (5) Peanut (6) Soyabean (7) Milk & Milk Products (8) Nuts (9) Celery (10) Mustard (11) Sesame Seeds (12) Sulphur Dioxide & Sulphites (13) Lupin (14) Molluscs**

***All our food is freshly cooked to order with busy periods taking extra time thank you***