



## Deli Lunch

### Soup of the Day

served with homemade guinnessa & walnut bread.  
(go,v,1,7,8W,9) €7.50

### Flat-bread Mezza

warm flat bread with: hummus, tabbouleh, beetroot salad, fennel & feta salad, olive salad, pickled cucumber & feta dip.  
(v,ve,go,1,3,7,8W,10,12) €14.95

### Savoury Tartlet of the Day (1,3,7,+)

check the board for details

**Chicken & Mushroom Pie** (1,3,7) €14.90 with salad

**Lemon & Herb Chicken** (g,9) €13.90 with salad  
breast of chicken marinated in lemon juice olive oil and fresh herbs.

**Moroccan Spiced Chicken** (g,9) €13.90 with salads  
breast of chicken marinated in cumin, cinnamon & lime juice.

**Mini Fish Cakes x 2** (1,3,4,7) €6.90 / €13.90 with salads  
fresh salmon, haddock & smoked coley with fresh herbs

**Suppli (soup-ple) x 2** (v,1,3,7) €6.90 / €13.90 with salads  
tomato risotto fritters stuffed with buffalo mozzarella

**Sausage Roll** (ve,vo,1,3,7) €6.90 / €13.90 with salads  
pork sausage with fresh herbs, paprika & garlic

**Stuffed Vine Leaves x 4** (go,v,ve,12) €6.90  
rice cooked in lemon juice, olive oil & fresh herbs

**Chickpea Falafel x 4** (g,v,ve) €6.90 / €13.90 with salads  
chickpea fritters with onion, parsley & cumin

## Deli Salads

**Fennel & Feta Salad** (v,g,7,12)

**Rustic Beetroot & Walnut Salad** (v,ve,g,8,W,PN,12)

**Homemade Hummus** (v,ve,g)

**Pesto & Pine Nut Pasta Salad** (v,1,3,7,8PN)

**Olive & Sun-dried Tomato Salad** (v,ve,g,12)

**Free Range Egg & Dill Mayonnaise** (v,g,3)

**Tabbouleh Salad, Bulgur Wheat & Fresh Herbs** (v,ve,1)

check the board for our specials.

Small Plate / Portion of Salad € 6.00

Medium Plate / Selection of Salad € 10.90

Large Plate / Selection of Salad € 13.90

Take out Salad Box € 9.95 / € 12.95

Take Home Salads Sm / M / Lg €22.90 Per Kg

## Gourmet Sandwiches

### Lemon & Herb Chicken Wrap

baked breast of chicken marinated in olive oil & lemon juice, with fennel & feta salad, salad leaves & harissa mayo, served with mediterranean crisps.  
(go,1,3,7,9,10,12) €12.90

### Moroccan Chicken & Feta Wrap

baked breast of chicken marinated in moroccan spices, in a homemade pitta with feta cheese dip, salad leaves, olive & peppers, served with mediterranean crisps.  
(go,1,3,9,10,12) €12.90

### Parma Ham Focaccia

prosciutto di parma in our homemade focaccia, with rocket, parmesan & balsamic glaze, served with mediterranean crisps.  
(go,1,12) €12.90

### Chicken Pesto Focaccia

roast breast of chicken in our homemade focaccia, with rocket, sundried tomato, genovese pesto & mayo, served with mediterranean crisps.  
(go,1,3,8,PN,12) €12.90

### Mediterranean Pulled Pork Pitta

slow cooked shoulder of pork, with a BBQ rub, ruby slaw, parmesan & cheddar, iceberg lettuce & harissa mayo, served with mediterranean crisps.  
(go, 1,3,6,7) €12.90

### Falafel Pitta

homemade pitta bread filled with chickpea falafel, hummus, pickled cucumber, tabouleh, feta cheese dip, served with mediterranean crisps.  
(v,ve,1,3,7,12) €12.90

### Free Range Egg Mayonnaise Sandwich

free range egg mayonnaise with fresh dill, iceberg lettuce, pickled cucumber, parmesan & cheddar cheese on rustic white loaf, served with mediterranean crisps.  
(go,1,3,7,12) €10.90

### DIY SANDWICH

choose your own sandwich fillings from the deli counter, served with mediterranean crisps. (go, Allergens)

Sandwich €9.90 / €11.90

Wrap €12.90

Focaccia €12.90

Pitta €12.90

sandwiches are served with mediterranean crisps.