

# \ BREAKFAST

## MORNING PASTRIES

Butter Croissant  
Pain Suisse  
Pain au Chocolat  
Seasonal Muffin

## HOT GRAB & GO

A selection of Breakfast Rolls,  
served on Brioche with House Relish  
(veggie available)

## SEASONAL WHOLE FRUIT

## GRAB & GO

Banana & Peanut Butter Overnight Oats  
Blueberry & Tonka Bean Yoghurt & Granola  
Melon & Pomegranate Fruit Pot (vg)



# CHILLED LUNCH

## \ WEEK ONE

### CLASSIC

Ham & Cheese  
Prawn Mayo  
Irish Cheddar & Pickle (v)

### FOCCACIA & WRAP

Chicken Tikka & Pickled Onions  
Falafel, Pickled Cabbage & Hummus (vg)

### GRAB & GO SALAD

Vegan Buddha Bowl (vg)  
Cobb Salad

## \ WEEK TWO

### CLASSIC

Chicken Mayo & Salad  
Tuna & Cucumber  
Egg & Cress (v)

### FOCCACIA & WRAP

Beef Brisket, Irish Cheese, Korean BBQ  
Sauce & Coleslaw  
Halloumi, Roasted Pepper & Spinach (v)

### GRAB & GO SALAD

Soy & Sesame Salmon Noodle  
Smoked Tofu Poke (vg)

## \ WEEK THREE

### CLASSIC

Ham & Coleslaw  
Smoked Salmon & Cream Cheese  
Cheese & Chutney (v)

### FOCCACIA & WRAP

Mexican Carnitas  
Roasted Veg & Crisp Slaw (vg)

### GRAB & GO SALAD

Chicken Taco Salad  
Greek Salad (v)

## \ WEEK FOUR

### CLASSIC

Irish Beef & Horseradish  
Hot Smoked Salmon & Crème Fraiche  
Smashed Avocado, Tomato & Onion (vg)

### FOCCACIA & WRAP

Chicken Caesar  
The Aztec

### GRAB & GO SALAD

Aloo Tikki (vg)  
Seared Beef, Wholegrains & Soft Herbs

HOT LUNCH

\ WEEK ONE

**TRIED & TOASTED**

The Caprese (v)  
Chipotle Chicken & Chorizo  
Three Cheese & Onion Marmalade on  
Gluten Free Sourdough

**LOCAL WEEKLY SPECIAL**

Thornhill Duck, Plum Chutney,  
Cucumber & Spring Onion

**SOUP**

M Kale Minestorone (vg & gf)  
T Pea & Mint (vg & gf)  
W Charred Tomato  
& Irish Grains (vg & gf)  
T Leek & Potato (vg & gf)  
F Broccoli & Irish Blue (gf)

\ WEEK TWO

**TRIED & TOASTED**

The Reuben  
The Vegan (vg)  
Beetroot Falafel, Mint, Hummus  
& Tahini on a gluten free Wrap (vg)

**LOCAL WEEKLY SPECIAL**

Burren Smokehouse Irish Smoked  
Salmon Bagel

**SOUP**

M Mulligatawny (vg gf)  
T Spring Vegetable Pistou (vg gf)  
W Chickpea Harirra (vg gf)  
T Harissa Carrot & Coconut (vg gf)  
F Spinach & Potato Chowder (vg gf)

\ WEEK THREE

**TRIED & TOASTED**

The Stuffed Chicken  
Truffled Mushroom & Sheese (vg)  
Tomato, Mozarella & Basil  
on Gluten Free Focaccia

**LOCAL WEEKLY SPECIAL**

Sysco Glin Valley Chicken,  
Avocado & Bacon Baguette

**SOUP**

M Chunky Chilli Bean (vg gf)  
T French Onion Soup (vf gf)  
W Roasted Curried Cauliflower (vg gf)  
T The Stuffed Chicken  
F Irish Asparagus & Leeks (vg gf)

\ WEEK FOUR

**TRIED & TOASTED**

Three Cheese & Maple Ham  
Spicy Tuna Melt  
Pulled Beef & Irish Cheddar  
on Gluten Free Ciabatta

**LOCAL WEEKLY SPECIAL**

Goatsbridge Smoked Trout,  
Crème Fraiche & Dill on Bricolhe

**SOUP**

M Sweetcorn Chowder (vg gf)  
T Butternut Squash Laksa (vg gf)  
W Courgette, Basil & Chilli (gf vg)  
T Cream of Tomato (vg gf)  
F Mushroom & Tarragon (vg gf)