



# MENU

## Welcome

Please check our blackboard for daily specials

**Home Made Soup of the Day** with Brown Bread & Butter €3.75

**A Cup of Soup with Sandwich** (with 2 fillings) €5.00

Please ask about ingredients if you have known allergies

We serve a selection of quality breads or wrap's, please ask.

**Southern Fried Hot Chicken Wrap** with cheese, red onion, jalapeno, tomato, mixed leaves, guacamole and salsa. €6.00

Contains Gluten & Sulphites

**Lisa's Turkey Time Melt** with turkey, sundried tomatoes, roast peppers, mixed leaves with a side of coleslaw €5.50

Contains Gluten & Sulphites

**Sourdough Melts** on Le Petit Delice Sourdough €5.50

**Southern Fried Chicken Melt** with jalapenos, red cheddar cheese

**Bacon & Sundried Tomato Melt** with pesto & red cheddar

**Jalapeno lemon chicken melt** with chicken, guacamole, jalapeno, mayo & rocket

**Sundried tomato melt** with Brie sundried tomatoes, & pesto

Contains Gluten & Sulphites

**Gourmet Sandwich Selection,** Firstly, select your bread choice

'The ILAS' Irish white cheddar, baked ham, sundried tomato and red onion €5.50

'The Graduate' Irish white cheddar, sundried tomato and red onion €5.50

'The Atrium' BLT, Streaky bacon, tomato, lettuce, garlic mayo €6.50

'Dolan's Delight' Cajun chicken, pineapple, Irish white cheddar, spicy mayo €6.50

'The Researcher' Create your own! any meat or fish with 2 salads €5.95

Contains Gluten & Sulphites

(Additional ingredients @ 30c per item)

Or simply ask one of our Team to create your very favourite Sandwich for you!

Enjoy!!



## Salad Plates

### **Power salad**

Cajun Chicken, Organic Mixed Greens, Coleslaw, Red Onion, Boiled Egg, Sundried Tomato & Mixed Peppers with Brown Soda Bread

Dressing: cider vinegar & sundried tomato oil vinaigrette

**€7.95**

Contains: *Gluten (Wheat), Sulphites*

### **Picnic Plate**

Organic Greens, Clove Baked Ham, Five-miles-town Oak Smoked Cheddar, Boiled Egg, Coleslaw, Mixed Bean Salad, Tomato, Onion and Corn with Brown Soda Bread

**€7.95**

Contains: *Gluten (Wheat), Sulphites, Fish.*

### **Pesto Almond Salad**

Chicken & Pesto, Organic Greens, Sundried Tomato, Beetroot & Almonds, with Brown Soda Bread.

**€6.95**

Contains: *Gluten (Wheat), Sulphites, Nuts (Almonds)*

### **Kinvara Smoked Salmon**

Kinvara Smoked Salmon, Capers, Rocket, Roast Peppers, Sundried Tomatoes, Balsamic Vinegar with Brown Soda Bread

**€7.95**

Contains: *Gluten (Wheat), Sulphites, Fish.*

### **Spinach, Crispy Bacon & Feta Cheese Salad**

Spinach, Crispy Bacon & Feta Cheese with Red Onion, Sundried Tomato, Apple & Sweet Cider Vinegar Dressing with Brown Soda Bread. **€6.50**

Contains: *Gluten (Wheat), Sulphites, .*

Or simply ask one of our Team members to create your favourite salad for you!

**Enjoy!!**