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056-776 4987

# Lunch

Daily 12pm to 4pm

## Salads

Shaved fennel, baby gems, avocado, radicchio, pink grapefruit, pink radish, dill, beetroot and caramel pine nut dressed in beetroot juice split with olive oil (v)

Prosciutto ham, sliced pear, blue cheese, toasted walnuts, wild rocket, parmesan, mustard dressing (cf)

Warm duck salad, crispy gem lettuce, croutons, parmesan dressing, poached duck egg (cf)

Naturally smoked poached haddock, fennel, avocado, broccoli, cucumber, broad beans, rocket, watercress, quinoa, pomegranate and lemon (cf)

Irish buffalo mozzarella, overnight tomatoes, rocket, wild garlic and basil pesto (v,cf)

Chickpea, roast pepper, marinated tomato, wild rocket chilli, lime, coriander and smoked hummus (v,cf)

## Sandwiches

Spiced Irish chicken fillet in warm pitta bread with harissa mayo, crunchy salad

BBQ pulled pork bap, with ruby slaw, rocket and garden salad

Grilled cheddar cheese, ham hock, vine tomato and spring onion toastie

## Soup

Soup of the day with fresh bread

## Fish

Pan fried fish of the day with garden vegetables (cf)  
(please ask your server)

Sol fishcakes, crisp salad, smoked harissa aioli (cf)

## Daily Specials

(please ask your server)

## Desserts

(please ask your server)