



Lunch Menu

Salads ...

- Warm Black Pudding and Chorizo Salad** €9.95
"O'Neills" black pudding, grilled chorizo, sundried tomato and mixed salad with balsamic dressing.
- The Chicken Caesar** €9.95
Roast chicken, crisp gem lettuce, streaky bacon, garlic croutons, parmesan and of course...the classic caesar dressing.
- Mango Chicken Salad (GF)** €9.95
Roast Chicken with fresh mango, on a mixed salad with yummy citrus and ginger dressing.
- Warm Duck Salad** €9.95
Shredded duck on a crisp mixed salad with sweet hoisin dressing.
- Bacon & Blue cheese (GF)** €9.95
Streaky bacon with "Cashel Blue" and sundried tomato on mixed salad with italian dressing.
- Warm Goats Cheese Salad (V/GF/N)** €9.95
Grilled goats cheese, roast beetroot, toasted walnut on a mixed salad with honey mustard dressing.
- Warm Sweet Potato Salad (V/GF/N)** €9.95
Grilled sweet potato with feta, toasted cashew nuts and spring onion on a mixed salad with citrus and herb dressing.
- Chickpea & Potato Cake** €9.95
Spiced chickpea & potato with fresh herbs on spiced couscous with fresh salad & rapeseed oil chilli dressing.
- Grilled Vegetable Cous Cous Salad (V)** €9.95
Served on a mixed salad with sundried tomato and tasty feta cheese.
- Grilled Chicken Cous Cous Salad** €10.95
Breast of chicken with courgette ribbons, grilled cherry vine tomatoes and a tasty citrus dressing.
- Salmon Fishcake** €10.95
"Meylers" BBQ salmon with potato and fresh herbs on mixed salad with fine beans, poached egg and citrus dressing.
- Bagels & Toasties... with house salads**
Add soup for €1.50 to any of the following
- Open Homemade Brown Bread Sandwich** €8.95
Your choice of smoked salmon / smoked chicken / baked ham
- The Karoo Club Sandwich** €9.95
Triple decker with roast chicken, smoked bacon, tomato on toasted white with mixed leaves... serious stuff!
- Toasted Special** €8.95
All the usuals... melting cheddar with baked ham, tomato and red onion on a white toastie
- Peppered Beef Bagel** €9.95
Cured, peppered beef topped with melting brie, mixed salad and "Mrs Balls" hot chutney.
- BBQ Pork Bagel** €9.95
Slow cooked pulled pork with crisp fried onions, spiced apple chutney and mixed leaves.
- Open Goats Cheese Toastie (V/N)** €9.95
Toasted vienna topped with grilled peppers and pesto

Hot Stuff... with house salads

- Baked Potato with Roast Chicken (GF)** €9.95
Streaky bacon, brie and red onion relish
- Baked Potato with Mediterranean Veg (V/GF/N)** €9.95
melting mozzarella, pesto and sundried tomato.
- "Karoo" Homemade Burger** €11.95
Streaky bacon, melting cheddar, garlic mayo and fresh salads with garlic baby potatoes.
- Grilled Chicken Burger** €11.95
Breast of chicken topped with chorizo, emmental, peri peri mayo and fresh salads with garlic baby potatoes.
- Roast Veg Flatbread Pizza (V/N)** €9.95
Roast veg, mozzarella, "Wilton Mills" pesto and feta.
- Chicken & Chorizo Flatbread Pizza** €9.95
Roast chicken, chorizo, red onion & Mozzarella.
- Karoo Classic Pizza** €9.95
Mushroom, ham, pepperoni, mixed peppers & mozzarella
- Pasta Penne & Garlic Bread with a choice of...** €10.95
-Smoked salmon with capers, dill & mixed herbs on zesty cream sauce.
-Chicken, bacon & mushroom on cream sauce.
-Grilled vegetables with sundried tomato tapenade, pesto & parmesan. (V)

Wraps & Ciabattas... with house salads

Add soup for €1.50 to any of the following

- The Veggie Wrap (V)** €9.95
Hummus, sundried tomato tapenade, mixed peppers, feta and fresh spinach in a warm toasted wrap with all the trimmings.
- The Chicken Wrap** €9.95
Roast chicken with grilled sweet peppers, mixed salad and jalapeno relish
- Chicken Caesar Wrap** €9.95
Just as the name says....
- Smoked Salmon Wrap** €9.95
With lemon cream cheese and mixed salad
- Asian Shredded Duck** €9.95
Slow roast duck with cucumber, spring onion and gem lettuce, drizzled with a sweet hoisin sauce Mmm...
- Grilled Chicken, Brie & Bacon Ciabatta** €9.95
Roast chicken and smoked crisp bacon strips, melting brie and red onion relish
- Louisiana Chicken Ciabatta** €9.95
Roast cajun spiced chicken with melting mozzarella and lemon pepper mayo
- Karoo Steak Ciabatta** €11.95
Seared sirloin topped with melting cheddar, fried red onions, and mustard mayo with garlic baby potatoes.

V = suitable for vegetarians

GF = gluten free

N = contains nuts

Proud to be a listed supporter of the Wexford Food Family!