



## 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, chilli and courgette ribbons on a mixed salad with yummy citrus and ginger dressing.

**Warm Duck Salad** €9.95  
Shredded duck with spring onion, cucumber and orange on a crisp mixed salad with honey and soy dressing.

**Warm Goats Cheese Salad (V/GF/N)** €9.95  
Grilled goats cheese, cooked 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 - citrus and herb dressing.

**Chickpea & Potato Cake** €9.95  
Spiced chickpea and potato with fresh herbs on spiced couscous, with fresh salad - rapeseed oil chilli dressing.

**Salmon Fishcake** €10.95  
"Meylers" BBQ salmon with potato and fresh herbs on mixed salad with fine beans, poached egg and citrus dressing.

### Toasties and Others...

with house salads

Add soup for €1.50 to any of the following

**The Karoo Club Sandwich** €9.95  
Rustic vienna with roast chicken, smoked streaky bacon, and tomato 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

**Brioche and Pork** €9.95  
Slow cooked pulled pork with maple and mustard sauce, stacked in a brioche bun with Karoo slaw and mixed leaves.

**Open Goats Cheese Toastie (V/N)** €9.95  
Duo of rustic vienna topped with warm goats cheese, grilled peppers and pesto.

**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 "Ballymaloe" 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** €12.95  
Seared and topped with melting cheddar, fried red onions, and mustard mayo with garlic baby potatoes.

### 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.

**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.

**Pasta Penne & Garlic Bread with a choice of...** €11.95  
-Chicken, bacon & mushroom on cream sauce.  
-Grilled vegetables with sundried tomato tapenade, pesto & parmesan. (V)

**Bangers and Mash** €11.95  
"O'Neills" sausages with mashed potato and proper fried onion gravy.

**Grilled Salmon (GF)** €12.95  
Fresh fillet with lemon and dill cream sauce, mashed potatoes and mixed vegetables.

**8oz Striploin Steak (GF)** €16.95  
With fried onion and mushrooms, mashed potato, homemade pepper sauce and fresh salad.

**Beef Burger** €12.95  
Steak mince, streaky bacon, cheddar, garlic mayo, fresh salads and grilled baby potatoes

**Lamb Burger** €12.95  
Spiced mince, roast peppers, feta, jalapeno relish, fresh salads and grilled baby potatoes

**Chicken Burger** €12.95  
Grilled breast topped with chorizo, emmental, peri peri mayo, fresh salads and grilled baby potatoes

**Veggie** €10.95  
Mixed beans, grilled courgette, red onion, sweet tomato relish, baby gem and grilled baby potatoes

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V = suitable for vegetarians  
GF = gluten free  
N = contains nuts