



Lunch Menu

Salads ...

Warm Goats Cheese Salad (V/GF/N) €10.95
Grilled goats cheese, cooked beetroot, toasted walnut on a mixed salad with honey mustard dressing.

Super Salad (V/GF/N) €10.95
Fresh spinach with quinoa, toasted cashew nuts, mixed seeds, avocado, tomato and spring onion - citrus and herb dressing.
Add topping of your choice - €1
bacon / chicken / blue cheese / feta

The Chicken Caesar €10.95
Roast chicken, crisp gem lettuce, streaky bacon, garlic croutons, parmesan and of course...the classic caesar dressing.

Warm Black Pudding and Chorizo Salad €11.95
"O'Neills" black pudding, grilled chorizo, sundried tomato and mixed salad with balsamic dressing.

Mango Chicken Salad (GF) €11.95
Roast Chicken with fresh mango, chilli and courgette ribbons on a mixed salad with yummy citrus and ginger dressing.

Warm Duck Salad €11.95
Shredded duck with spring onion, cucumber and orange on a crisp mixed salad with honey and soy dressing.

Chickpea & Potato Cake €12.50
Spiced chickpea and potato with fresh herbs on spiced couscous, with fresh salad - rapeseed oil chilli dressing.

Salmon Fishcake €12.95
"Meylers" BBQ salmon with potato and fresh herbs on mixed salad with fine beans, poached egg and citrus dressing.

Toasties and Others...

with 3 house salads

Add soup for €2 to any of the following

Toasted Special €9.95
All the usuals... melting cheddar with baked ham, tomato and red onion on a white toastie

The Karoo Club Sandwich €10.95
Rustic vienna with roast chicken, smoked streaky bacon, and tomato with mixed leaves... serious stuff!

Open Goats Cheese Toastie (V/N) €10.95
Duo of rustic vienna topped with warm goats cheese, grilled peppers and pesto.

The Veggie Wrap (V) €10.95
Hummus, sundried tomato tapenade, mixed peppers, feta and fresh spinach in a warm toasted wrap with all the trimmings.

The Chicken Wrap €10.95
Roast chicken with grilled sweet peppers, mixed salad and "Ballymaloe" jalapeno relish.

Chicken Caesar Wrap Just as the name says.... €10.95

Asian Shredded Duck Wrap €11.50
Slow roast duck with cucumber, spring onion and gem lettuce, drizzled with a sweet hoisin sauce Mmm...

Slow Cooked Pork in Brioche €11.95
Pulled pork stacked with smoked cheddar, fried onions, gherkins, mixed leaves and jalapeno relish.

Grilled Chicken, Brie & Bacon Ciabatta €10.95
Roast chicken and smoked crisp bacon strips, melting brie and red onion relish

Louisiana Chicken Ciabatta €10.95
Roast cajun spiced chicken with melting mozzarella and lemon pepper mayo

Karoo 8oz Steak Sourdough Toastie €14.95
Seared striploin topped with melting cheddar, fried red onions, and mustard mayo with garlic baby potatoes and ruby slaw.

Hot Stuff...

with 3 house salads

Baked Potato with Mediterranean Veg (V/GF/N) €11.50
melting mozzarella, pesto and sundried tomato.

Roast Veg Flatbread Pizza (V/N) €11.50
Roast veg, mozzarella, "Wilton Mills" pesto and feta.

Baked Potato with Roast Chicken (GF) €11.95
Streaky bacon, brie and red onion relish

Chicken & Chorizo Flatbread Pizza €11.95
Roast chicken, chorizo, red onion & Mozzarella.

Pasta Penne & Garlic Bread with a choice of... €12.95
-Chicken, bacon & mushroom on cream sauce.
-Grilled vegetables with sundried tomato tapenade, pesto & parmesan. (V)

Bangers and Mash €12.95
"O'Neills" sausages with mashed potato and proper fried onion gravy.

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

Beef Burger €14.95
Steak mince, streaky bacon, cheddar, garlic mayo, sesame bun fresh salads and grilled baby potatoes

Lamb Burger €14.95
Spiced mince, courgette ribbons, roast peppers, "Cashel" blue cheese, chilli mayo, baby gem on sesame bun, fresh salads and grilled baby potatoes

Chicken Burger €14.95
Grilled breast topped with chorizo, emmental, peri peri mayo, black jack sesame bun, fresh salads and grilled baby potatoes

Veggie Burger €13.95
Falafel stacked with beetroot, cucumber, spinach, hummus and harissa, brioche bun with fresh salads and grilled baby potatoes

V = suitable for vegetarians

GF = gluten free

N = contains nuts