



Lunch Menu

Salads ...

- Warm Goats Cheese Salad (V/GF/N)** €11
Grilled goats cheese, cooked beetroot, toasted walnut on a mixed salad with honey mustard dressing.
- Super Salad (V/GF/N)** €11
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
- Warm Falafel Salad (V/GF/N)** €11
Spiced falafels, feta, olives, chopped cucumber & toasted cashew nuts on wild rocket with vinaigrette dressing
- The Chicken Caesar** €11
Roast chicken, crisp gem lettuce, streaky bacon, garlic croutons, parmesan and of course...the classic caesar dressing.
- Warm Black Pudding and Chorizo Salad** €12
"O'Neills" black pudding, grilled chorizo, sundried tomato and mixed salad with balsamic dressing.
- Mango Chicken Salad (GF)** €12
Roast Chicken with fresh mango, chilli and courgette ribbons on a mixed salad with yummy citrus and ginger dressing.
- Warm Duck Salad** €12
Shredded duck with spring onion, cucumber and orange on a crisp mixed salad with honey and soy dressing.
- BBQ Salmon Salad GF** €13
Meylers BBQ Salmon, avocado, sundried tomato, peppers, spring onion, radish on wild rocket with citrus herb dressing.
- Salmon Fishcake** €13
"Meylers" Salmon with potato and fresh herbs on mixed salad with fine beans, poached egg and citrus dressing.

Toasties and Others...

- All served with 2 side salads of the day**
- Deli Style Stacked Sarnie** €11
Muttigrain stacked with italian cured meats, topped with sliced cheddar, emmental, pickle, red onion, baby leaves and mustard mayo (Served cold)
- Slow Cooked Pork in Brioche** €12
Pulled pork stacked with smoked cheddar, fried onions, gherkins, mixed leaves and jalapeno relish.
- Sloppy Joe Toastie** €12
Karoo spiced burger mince, good helping of homemade tomato sauce, melting mozzarella cheese and spring onion on brioche
- The Karoo Club Sandwich** €11
Rustic vienna with roast chicken, smoked streaky bacon, and tomato with mixed leaves... serious stuff!
- Baked Chicken Focaccia** €12
Focaccia with smoked chicken melting brie, sundried tomato, rocket and pesto.
- Roast Veg Focaccia** €11
Mixed roast veggies, feta, sundried tomato, rocket and pesto
- Toasted Special** €10
All the usuals... melting cheddar with baked ham, tomato and red onion on a white toastie

- Open Goats Cheese Toastie (V/N)** €11
Duo of rustic vienna topped with warm goats cheese, grilled peppers and pesto.
- Grilled Chicken, Brie & Bacon Ciabatta** €11
Roast chicken and smoked crisp bacon strips, melting brie and red onion relish
- Louisiana Chicken Ciabatta** €11
Roast cajun spiced chicken with melting mozzarella and lemon pepper mayo
- The Veggie Wrap (V)** €11
Hummus, sundried tomato tapenade, mixed peppers, feta and fresh spinach in a warm toasted wrap with all the trimmings.
- Chicken Caesar Wrap** Just as the name says.... €11
- Asian Shredded Duck Wrap** €12
Slow roast duck with cucumber, spring onion and gem lettuce, drizzled with a sweet hoisin sauce Mmm...
- Steak Ciabatta** €14
Seared striploin with fried onions, melting cheddar and mustard mayo with garlic baby potatoes.

Karoo Burgers...

- Beef Burger** €15
Steak mince, streaky bacon, cheddar, garlic mayo, sesame bun and grilled garlic baby potatoes
- Lamb Burger** €15
Spiced mince, courgette ribbons, roast peppers, "Cashel" blue cheese, chilli mayo, on sesame bun and grilled garlic baby potatoes
- Chicken Burger** €15
Grilled breast topped with chorizo, emmental, peri peri mayo, black jack sesame bun and grilled paprika baby potatoes
- Veggie Burger** €14
Falafel stacked with beetroot, cucumber, spinach, hummus and harissa on brioche bun with grilled herby baby potatoes

Hearty Meals...

- Pasta Penne & Garlic Bread with a choice of...** €14
-Chicken, bacon & mushroom on cream sauce.
-Grilled vegetables with sundried tomato tapenade, pesto & parmesan. (V)
- Cottage Pie** €14
Hearty beef mince with carrots and peas topped with mashed potato served with veggies of the day
- Mixed Seafood Pie** €14
Salmon, mussels, cod, and smoked whiting in a rich dill cream sauce, topped with a herb bread crumb crust
- 8oz Striploin steak** €16
Mash and pepper sauce with side salad

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