



## Take Away Lunch Menu

### Salads ...

<b>Warm Goats Cheese Salad (V/GF/N)</b>	<b>€9</b>
Grilled goats cheese, cooked beetroot, toasted walnut on a mixed salad with honey mustard dressing.	
<b>Super Salad (V/GF/N)</b>	<b>€9</b>
Fresh spinach with quinoa, toasted cashew nuts, mixed seeds, avocado, tomato and spring onion - citrus and herb dressing. <b>Add topping of your choice - €1</b> <b>bacon / chicken / blue cheese / feta</b>	
<b>Warm Falafel Salad (V/GF/N)</b>	<b>€9</b>
Spiced falafels, feta, olives, chopped cucumber & toasted cashew nuts on wild rocket with vinaigrette dressing	
<b>The Chicken Caesar</b>	<b>€9</b>
Roast chicken, crisp gem lettuce, streaky bacon, garlic croutons, parmesan and of course...the classic caesar dressing.	
<b>Warm Black Pudding and Chorizo Salad</b>	<b>€10</b>
"O'Neills" black pudding, grilled chorizo, sundried tomato and mixed salad with balsamic dressing.	
<b>Mango Chicken Salad (GF)</b>	<b>€10</b>
Roast Chicken with fresh mango, chilli and courgette ribbons on a mixed salad with yummy citrus and ginger dressing.	
<b>Warm Duck Salad</b>	<b>€10</b>
Shredded duck with spring onion, cucumber and orange on a crisp mixed salad with honey and soy dressing.	
<b>BBQ Salmon Salad GF</b>	<b>€11</b>
Meylers BBQ Salmon, avocado, sundried tomato, peppers, spring onion, radish on wild rocket with citrus herb dressing.	
<b>Salmon Fishcake</b>	<b>€11</b>
"Meylers" Salmon with potato and fresh herbs on mixed salad with fine beans, poached egg and citrus dressing.	
<b>Toasties and Others...</b>	
<b>All served with a fresh salad of your choice on collection...</b>	
<b>Deli Style Stacked Sarnie</b>	<b>€9</b>
Multigrain stacked with italian cured meats, topped with sliced cheddar, emmental, pickle, red onion, baby leaves and mustard mayo (Served cold)	
<b>Slow Cooked Pork in Brioche</b>	<b>€10</b>
Pulled pork stacked with smoked cheddar, fried onions, gherkins, mixed leaves and jalapeno relish.	
<b>Meatball Marinara Ciabatta</b>	<b>€10</b>
Juicy beef meatballs cooked in rich tomato sauce, topped with mozzarella, pesto and wild rocket.	
<b>The Karoo Club Sandwich</b>	<b>€9</b>
Rustic vienna with roast chicken, smoked streaky bacon, and tomato with mixed leaves... serious stuff!	
<b>Baked Chicken Focaccia</b>	<b>€10</b>
Focaccia with smoked chicken melting brie, sundried tomato, rocket and pesto.	
<b>Roast Veg Focaccia</b>	<b>€9</b>
Mixed roast veggies, feta, sundried tomato, rocket and pesto	

<b>Toasted Special</b>	<b>€8</b>
All the usuals... melting cheddar with baked ham, tomato and red onion on a white toastie	
<b>Open Goats Cheese Toastie (V/N)</b>	<b>€9</b>
Duo of rustic vienna topped with warm goats cheese, grilled peppers and pesto.	
<b>Grilled Chicken, Brie &amp; Bacon Ciabatta</b>	<b>€9</b>
Roast chicken and smoked crisp bacon strips, melting brie and red onion relish	
<b>Louisiana Chicken Ciabatta</b>	<b>€9</b>
Roast cajun spiced chicken with melting mozzarella and lemon pepper mayo	
<b>The Veggie Wrap (V)</b>	<b>€9</b>
Hummus, sundried tomato tapenade, mixed peppers, feta and fresh spinach in a warm toasted wrap with all the trimmings.	
<b>Chicken Caesar Wrap</b> Just as the name says....	<b>€9</b>
<b>Asian Shredded Duck Wrap</b>	<b>€10</b>
Slow roast duck with cucumber, spring onion and gem lettuce, drizzled with a sweet hoisin sauce Mmm...	
<b>Steak Ciabatta</b>	<b>€12</b>
Seared striploin with fried onions, melting cheddar and mustard mayo with garlic baby potatoes.	

### Karoo Burgers...

<b>Beef Burger</b>	<b>€14</b>
Steak mince, streaky bacon, cheddar, garlic mayo, sesame bun and grilled garlic baby potatoes	
<b>Lamb Burger</b>	<b>€14</b>
Spiced mince, courgette ribbons, roast peppers, "Cashel" blue cheese, chilli mayo, on sesame bun and grilled garlic baby potatoes	
<b>Chicken Burger</b>	<b>€14</b>
Grilled breast topped with chorizo, emmental, peri peri mayo, black jack sesame bun and grilled paprika baby potatoes	
<b>Veggie Burger</b>	<b>€13</b>
Falafel stacked with beetroot, cucumber, spinach, hummus and harissa on brioche bun with grilled herby baby potatoes	

### Hearty Meals...

<b>Beef Lasagne</b>	<b>€12</b>
Layered with a rich tomato sauce and bachel sauce. Served with side salad	
<b>Mixed Seafood Pie</b>	<b>€12</b>
Salmon, mussels, cod, and smoked whiting in a rich dill cream sauce, topped with a herb bread crumb crust. Served with side salad	
<b>8oz Striploin steak</b>	<b>€14</b>
Mash and pepper sauce with side salad	

V = suitable for vegetarians

GF = gluten free

N = contains nuts