



## Take Away Lunch Menu

### Salads ...

- Warm Goats Cheese Salad (V/GF/N)** €9  
Grilled goats cheese, cooked beetroot, toasted walnut on a mixed salad with honey mustard dressing.
- Super Salad (V/GF/N)** €9  
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** €9  
Roast chicken, crisp gem lettuce, streaky bacon, garlic croutons, parmesan and of course...the classic caesar dressing.
- Warm Black Pudding and Chorizo Salad** €10  
"O'Neills" black pudding, grilled chorizo, sundried tomato and mixed salad with balsamic dressing.
- Mango Chicken Salad (GF)** €10  
Roast Chicken with fresh mango, chilli and courgette ribbons on a mixed salad with yummy citrus and ginger dressing.
- Warm Duck Salad** €10  
Shredded duck with spring onion, cucumber and orange on a crisp mixed salad with honey and soy dressing.
- Salmon Fishcake** €11  
"Meylers" Salmon with potato and fresh herbs on mixed salad with fine beans, poached egg and citrus dressing.

### Toasties and Others...

All served with a fresh salad of your choice on collection...

- Deli Style Stacked Sarnie** €9  
Sourdough 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** €10  
Pulled pork stacked with smoked cheddar, fried onions, gherkins, mixed leaves and jalapeno relish.
- Meatball Marinara Ciabatta** €10  
Juicy beef meatballs cooked in rich tomato sauce, topped with mozzarella, pesto and wild rocket.
- The Karoo Club Sandwich** €9  
Rustic vienna with roast chicken, smoked streaky bacon, and tomato with mixed leaves... serious stuff!
- Baked Chicken Focaccia** €10  
Focaccia with smoked chicken melting brie, sundried tomato, rocket and pesto.
- Roast Veg Focaccia** €9  
Mixed roast veggies, feta, sundried tomato, rocket and pesto
- Toasted Special** €8  
All the usuals... melting cheddar with baked ham, tomato and red onion on a white toastie
- Open Goats Cheese Toastie (V/N)** €9  
Duo of rustic vienna topped with warm goats cheese, grilled peppers and pesto.
- Grilled Chicken, Brie & Bacon Ciabatta** €9  
Roast chicken and smoked crisp bacon strips, melting brie and red onion relish

- Louisiana Chicken Ciabatta** €9  
Roast cajun spiced chicken with melting mozzarella and lemon pepper mayo
- The Veggie Wrap (V)** €9  
Warm falafels, hummus, sundried tomato tapenade, mixed peppers, feta and fresh spinach in a warm toasted wrap with all the trimmings.
- BBQ Smoked Salmon Wrap** €10  
Sourced from Meylers, with avocado, cream cheese, peppers, red onion and wild rocket
- Chicken Caesar Wrap** Just as the name says.... €9
- Asian Shredded Duck Wrap** €10  
Slow roast duck with cucumber, spring onion and gem lettuce, drizzled with a sweet hoisin sauce Mmm...
- Steak Ciabatta** €12  
Seared striploin with fried onions, melting cheddar and mustard mayo with garlic baby potatoes.

### Karoo Burgers...

- Beef Burger** €14  
Steak mince, streaky bacon, cheddar, garlic mayo, sesame bun and grilled garlic baby potatoes
- Chicken Burger** €14  
Grilled breast topped with serrano ham, emmental, chipotle mayo, sesame bun and grilled garlic baby potatoes
- Fish Burger** €14  
Panfried breaded lemon sole with homemade tartar sauce, tomato, baby gem leaves and grilled garlic baby potatoes
- Veggie Burger** €14  
Falafel stacked with beetroot, cucumber, spinach, hummus and harissa on brioche bun with grilled herby baby potatoes

### Hearty Meals...

- Homemade Seafood Chowder** €5  
Meylers seafood mix with sundried tomato cream sauce, served with Irish soda bread
- Fresh Tagliatelle & Garlic Bread with a choice of...** €12  
-Chicken, bacon & mushroom on cream sauce.  
-Saute cherry tomato, garlic, chopped spinach, garden peas, toasted pumpkin seeds, lemon pesto & parmesan. (V/N)
- Cottage Pie** €12  
Hearty beef mince with carrots and peas topped with mashed potato served with veggies of the day
- Mixed Seafood Pie** €12  
Salmon, mussels, cod, and smoked whiting in a rich dill cream sauce, topped with a herb bread crumb crust. Served with side salad
- 8oz Striploin steak** €14  
Fried onions, mushrooms with pepper sauce, mash and side salad

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