



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	
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.	
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	€10
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	€12
Pulled pork stacked with smoked cheddar, fried onions, gherkins, mixed leaves and jalapeno relish.	
Meatball Marinara Ciabatta	€12
Juicy beef meatballs cooked in rich tomato sauce, topped with mozzarella, pesto and wild rocket.	
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. (N)	
Roast Veg Focaccia	€11
Mixed roast veggies, feta, sundried tomato, rocket and pesto (V/N)	
Med Special Toastie	€10
Grilled serrano ham, spring onion, sundried tomato and duo of melting cheese on traditional sliced pan white bread	
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
Warm falafels, hummus, sundried tomato tapenade, mixed peppers, feta and fresh spinach in a warm toasted wrap.	
BBQ Smoked Salmon Wrap	€11
Sourced from Meylers, with avocado, cream cheese, peppers, red onion and wild rocket	
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...	
Phillysteak Toastie	€14
Chopped, saute striploin with crispy onions, duo of cheese, and jalapenos in white sliced pan. Served with garlic baby potatoes.	

Karoo Burgers...

Beef Burger	€15
Steak mince, streaky bacon, cheddar, garlic mayo on sesame bun with grilled garlic baby potatoes	
Chicken Burger	€15
Grilled chicken and halloumi with avocado, tomato, red onion and lemon pepper mayo with 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 garlic baby potatoes	

Hearty Meals...

Homemade Seafood Chowder	€7
Meylers seafood mix with sundried tomato cream sauce, served with Irish soda bread	
Fresh Tagliatelle & Garlic Bread with a choice of...	€14
-Chicken, bacon & mushroom on cream sauce. -Saute cherry tomato, garlic, chopped spinach, garden peas, toasted pumpkin seeds, lemon pesto & parmesan. (V/N)	
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
Fried onions, mushrooms with pepper sauce, mash and side salad	

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