

**KAROO BREAKFAST | €10.50**

2 FRIED EGGS, 2 DRY CURED BACON RASHERS, 2 SAUSAGES, BLACK & WHITE PUDDING, GRILLED MUSHROOMS, GRILLED TOMATO & TOAST

MINI BREAKFAST | €9.50

FRIED EGG, 2 DRY CURED BACON RASHERS, 2 SAUSAGES, GRILLED TOMATO & TOAST

VEGGIE BREAKFAST | €9.50

2 FRIED EGGS, GRILLED MUSHROOMS, GRILLED TOMATO, BAKED BEANS & TOAST

FRIED OR SCRAMBLED EGGS & GRILLED TOMATO | €7.50WITH TOAST
ADD SMOKED SALMON €1**HEALTHIER | €8.50**

FRIED EGG IN COCONUT OIL, SAUTE CHERRY TOMATO, MUSHROOMS, AVOCADO, QUINOA & LOW GI TOAST

BREAKFAST WITH A KICK | €9.50

SCRAMBLED EGGS WITH SPICY CHORIZO, GRILLED TOMATO, GRILLED MUSHROOMS & BROWN SOURDOUGH TOAST

BURRITO | €8.50

CHEESY SCRAMBLED EGGS, CRISP BACON, BLACK PUDDING, AVOCADO SALSA AND CHOPPED SPINACH

KAROO BREAKFAST BAGEL | €8.50

DRY CURED BACON RASHERS, BLACK & WHITE PUDDING, SAUSAGES & FRIED EGG ON A TOASTED SESAME BAGEL WITH RED ONION RELISH

SMOKED SALMON & CREAM CHEESE BAGEL | €7.50**FRENCH TOAST | €9.50**

RUSTIC VIENNA STACKED WITH CRISP MAPLE BACON AND MIXED BERRIES.

GRANOLA | €5.50SERVED WITH MILK AND HONEY
ADD FRUIT OR YOGHURT €1**PORRIDGE OATS | €6.50**SERVED WITH MILK AND HONEY
ADD FRUIT €1

Salads

WARM GOATS CHEESE SALAD (V/GF/N) | €12

GRILLED GOATS CHEESE, COOKED BEETROOT, TOASTED WALNUT ON A MIXED SALAD WITH HONEY MUSTARD DRESSING.

BUDDHA BOWL (V/GF/N) | €12

WILD ROCKET LOADED WITH QUINOA, PAPRIKA SPICED CHICKPEAS, PEPPERS, AVOCADO, CHERRY TOMATO, SPRING ONION AND TOASTED CASHEW NUTS WITH A CITRUS HERB DRESSING.

ADD TOPPING OF YOUR CHOICE - €1

CRISP BACON / CHICKEN / BLUE CHEESE / FETA / BOILED EGG

THE CHICKEN CAESAR | €12

ROAST CHICKEN, CRISP GEM LETTUCE, CRISP BACON, GARLIC CROUTONS, PARMESAN AND OF COURSE... THE CLASSIC CAESAR DRESSING.

CHICKEN COBB SALAD (GF) | €13

ROAST CHICKEN WITH BABY SWEETCORN, AVOCADO, RED ONION, CUCUMBER, HARD POACHED EGG AND CRISP GEM LETTUCE WITH "CASHEL" BLUE CHEESE DRESSING.

WARM DUCK SALAD | €13

SHREDDED DUCK WITH SPRING ONION, CUCUMBER AND ORANGE ON A CRISP MIXED SALAD WITH HONEY AND SOY DRESSING.

WARM BLACK PUDDING AND CHORIZO SALAD | €13

"O'NEILLS" BLACK PUDDING, GRILLED CHORIZO, SUNDRIED TOMATO AND MIXED SALAD WITH BALSAMIC DRESSING.

SALMON FISHCAKE | €14

"MEYERS" SALMON WITH POTATO AND FRESH HERBS ON MIXED SALAD WITH FINE BEANS, POACHED EGG AND CITRUS DRESSING.

TOASTIES & Stuff

*All Served with 2 Side Salads of the Day***SLOW COOKED PORK IN BRIOCHE | €13**

PULLED PORK STACKED WITH MELTING SMOKED CHEDDAR, OUR HOUSE SPICED RUBY SLAW AND JALAPEÑO RELISH.

MEATBALL MARINARA CIABATTA | €13

JUICY BEEF MEATBALLS COOKED IN RICH TOMATO SAUCE, TOPPED WITH MOZZARELLA, PESTO AND WILD ROCKET.

THE KAROO CLUB SANDWICH | €12

RUSTIC VIENNA WITH ROAST CHICKEN, SMOKED STREAKY BACON, AND TOMATO WITH MIXED LEAVES... SERIOUS STUFF!

BAKED CHICKEN FOCACCIA | €13

FOCACCIA WITH ROAST CHICKEN, MELTING BRIE, SUNDRIED TOMATO, ROCKET AND PESTO. (N)

ROAST VEG FOCACCIA | €12

MIXED ROAST VEGGIES, FETA, SUNDRIED TOMATO, ROCKET AND PESTO. (V/N)

OPEN GOATS CHEESE TOASTIE (V/N) | €12

DUO OF RUSTIC VIENNA TOPPED WITH WARM GOATS CHEESE, GRILLED PEPPERS AND PESTO.

GRILLED CHICKEN, BRIE & BACON CIABATTA | €12

ROAST CHICKEN AND CRISP BACON, MELTING BRIE AND RED ONION RELISH.

LOUISIANA CHICKEN CIABATTA | €12

ROAST CAJUN SPICED CHICKEN WITH MELTING MOZZARELLA AND LEMON PEPPER MAYO.

THE VEGGIE WRAP (V) | €12

WARM FALAFELS, HUMMUS, SUNDRIED TOMATO TAPENADE, MIXED PEPPERS, FETA AND FRESH SPINACH IN A WARM TOASTED WRAP.

MEATY WRAP | €12

PEPPERED PASTRAMI, PEPPERONI, SPINACH, SUN-DRIED TOMATO, MELTING MOZZARELLA, ROAST PEPPERS AND FIERY CHIPOTLE MAYO.

CHICKEN CAESAR WRAP | €12

JUST AS THE NAME SAYS...

ASIAN SHREDDED DUCK WRAP | €13

SLOW ROAST DUCK WITH CUCUMBER, SPRING ONION AND GEM LETTUCE, DRIZZLED WITH A SWEET HOISIN SAUCE.

PHILLYSTEAK TOASTIE | €15

CHOPPED, SAUTE STRIPLOIN WITH CRISPY ONIONS, DUO OF CHEESE, AND JALAPENOS IN WHITE SLICED PAN. SERVED WITH GARLIC BABY POTATOES.

HEARTY meals

HOMEMADE SEAFOOD CHOWDER | €9

MEYERS SEAFOOD MIX IN SUNDRIED TOMATO CREAM WITH IRISH SODA BREAD.

FRESH TAGLIATELLE AND GARLIC BREAD WITH A CHOICE OF... | €15- CHICKEN, BACON AND SUNDRIED TOMATO IN WHITE WINE CREAM SAUCE.
- SAUTE CHERRY TOMATO, CHOPPED SPINACH, ROAST PEPPERS AND GARLIC WITH LEMON PESTO AND PARMESAN**MIXED SEAFOOD PIE | €16**

SALMON, MUSSELS, COD AND SMOKED WHITING IN A RICH SUNDRIED TOMATO CREAM SAUCE, TOPPED WITH HERB BREADCRUMB CRUST. SERVED WITH FRESH SALAD.

8OZ STRIPLOIN STEAK | €17

ON MASHED POTATO WITH FRIED ONIONS, MUSHROOMS AND SAUTÉ GREENS. PEPPER SAUCE OR GARLIC BUTTER

**BEEF BURGER | €16**

STEAK MINCE, CRISP BACON, CHEDDAR, GARLIC MAYO ON SESAME BUN WITH GRILLED GARLIC BABY POTATOES.

CHICKEN BURGER | €16

MARINATED CHICKEN LOADED WITH EMMENTAL CHEESE, FRESH BEAN SALSA, CRISP GEM LETTUCE AND CHIPOTLE MAYO.

FISH BURGER | €16

PANFRIED LEMON SOLE IN A PANKO CRUST, TOPPED WITH GRILLED PAK CHOI, SPRING ONION AND WASABI MAYO.

VEGGIE BURGER | €16

FALAFEL STACKED WITH BEETROOT, CUCUMBER, SPINACH, HUMMUS AND HARISSA ON BRIOCHE BUN WITH GRILLED GARLIC BABY POTATOES



BURGERS