

LUNCH MENU



[12-4pm]

Creamy Chicken & Bacon Caesar Salad

Roast chicken & O'Neill's oak-smoked bacon on a bed of lettuce, Caesar dressing & croutons, topped with parmesan shavings & served with brown bread (1,2,3,4)

€11.99

new

Frittata Spanish Style Omelette

Filled with goat's cheese & spinach. Served with Greenhouse fresh salad **plus** a portion of seasoned wedges (1,2,3) (gluten free)

€11.99

Our Famously Filling Sausage Rolls

Two of our large puff pastry sausage rolls served with a fresh salad **plus** a portion of seasoned wedges (1,2,3,4,10,14)

€11.99

SUMPTUOUS SANDWICHES & WRAPS - served with crisps & refreshing cucumber pickle

~ **Roast Chicken & House Stuffing** on a ciabatta with cranberry sauce, mayonnaise & mature cheddar cheese (1,2,3,4) €8.99

~ **The Greenhouse BLT** on a ciabatta with O'Neill's Wexford crispy oak-smoked bacon, iceberg lettuce, tomato & mayonnaise (1,2,3,4) €8.99

new

~ **Peppered Pastrami** on a seeded ciabatta with Emmental cheese, tomato, iceberg lettuce, mayo & mustard (1,2,3,4) €8.99

~ **The Springmount Toasted Special** on a ciabatta with ham, cheese, tomato, onion & mayonnaise (1,2,3,4) €8.99

~ **Toasted Falafel Wrap** with melted cheese, pickled onion & our sweet chilli mayo (1,2,3,4) €8.99

~ **Toasted Roast Chicken Chilli Wrap** with grated cheddar & our sweet chilli mayo (1,2,3,4) €8.99

For just €3 more add soup or our side-salad of iceberg lettuce, pickled onion & cucumber, tomatoes and mustard coleslaw or seasoned potato wedges to any of our sandwiches

HOME-MADE SOUP (gluten and dairy free) (5) served with brown bread (1,2)

€5.99

KIDS' FOOD (For under 12s)

~ **Wrap or ½ Ciabatta** with a choice of 2 fillings (1) €3.99

~ **Chicken Goujons** [2 per Portion] with seasoned potato wedges (1,2) €4.99

SWEET TREATS? – See our display!

Please Order at the Counter

ALLERGENS Gluten=1, Milk=2, Eggs=3, Mustard=4, Celery=5, Soybeans=6, Sesame Seeds=7, Nuts=8, Peanuts=9, Fish=10, Lupin=11, Crustaceans=12, Molluscs=13, Sulphites=14;

Customer Information: Gratuities & tips are at our customers' discretion.
100% of gratuities & tips are pooled & shared at the end of each month amongst all café staff. Thank you.