

R E S T A U R A N T & D E L I C A T E S S E N

www.niamhs.com



 1 MITCHEL ST. CLONMEL

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*niamhsweb@gmail.com*

 *proprietors*

 Niamh & Paula Dwan

  

**Allergen information is available at the main cash point.**

THIS MENU IS AVAILABLE TILL 4pm



RESTAURANT & DELICATESSEN

**MAINS**

BURGER

Irish beef burger in a glazed brioche bap with crispy string onions, bacon jam,

whiskey cheese served with dressed baby leaf salad and French fries.

13.2

POSH FISH FINGERS

Homemade cod goujons in a lemon and black pepper crumb with tossed salad

in our own honey and red wine vinegar dressing, saute potatoes and a parmesan

and sea salt aioli on the side.

13.5

VOL-AU-VENT

Pan fried fillet of chicken with sautéed mushrooms on puff pastry with a

creamy white wine sauce served with sauté potatoes.

 11.95

LASAGNE

Layers of pasta, white sauce & Irish lean mince beef in a rich tomato sauce

topped with cheddar cheese served with garlic bread and a baby leaf tossed salad.

11.5 *Please let us know if you would prefer French fries and tossed salad instead.*

ALL DAY BREAKFAST

Traditional pork sausages, bacon, fried egg, locally made pudding,

potato waffles and baked beans with a side order of French fries.

Choose Home made brown bread or toast.

And Choose tea or regular coffee.

9.5

WE USE ONLY IRISH BEEF**.**

THIS MENU IS AVAILABLE TILL 4pm



RESTAURANT & DELICATESSEN

**SALADS**

CITRUS CHICKEN SALAD

Crispy coconut crusted fillet of chicken, on a bed of mixed salad tossed in a basil, lime

& mandarin dressing with Bombay potatoes, cashew nuts and clementine segments.

13.95

BANG BANG CHICKEN SALAD

Fillet of Chicken in an oriental marinade, pan fried then served on a bed of salad with

glass rice noodles, fresh coriander, pineapple and our delicious satay bang bang sauce.

12.95

BREADED CHICKEN AND BACON CAESAR SALAD

Breaded chicken, crispy bacon pieces, parmesan shavings and chunky garlic croutons

smothered in our own Caesar dressing with cos lettuce, red onion and cherry tomato.

10.95

**HEALTHY OPTIONS**

SKINNY SPICE BAG

This is the slimming friendly version of the very tasty takeaway. Crispy chicken pieces

(dusted in spiced mash powder) and slimming chips with low fat coleslaw and tossed

salad in a low fat garlic dressing.

11.50

SOUP & MELT

Irish cheddar cheese melted on Niamh’s brown bread with roast turkey, tomato

and bacon with rocket leaves and pesto oil served with tossed salad and a bowl of soup.

8.25

SLIMMER’S SOUP & FRUITY SALAD

Dry roasted Cajun chicken pieces and Bombay potatoes wedges with mixed salad

tossed with pineapple pieces, raspberries and blue berries with low fat garlic dressing,

a mug of soup and Niamh’s brown bread on the side.

9.50

Up to date magazines & daily papers are located opposite the cash register,

please help yourself or your waitress will be delighted to get one for you.

 

RESTAURANT & DELICATESSEN

 **SIGNATURE SANDWICHES**

HAM HOCK RUSTIC BAGUETTE

Roasted pulled ham hock with melted brie cheese, carmelised red onion topped with

avocado mousse in a toasted rustic roll.

10.75*served with soup or selection of salads or fries*

BRUNCH SOURDOUGH

Toasted sourdough with Artisan black pudding, poached eggs, pickled apple,

rocket leaves, cardamom mayo, popped quinoa and balsamic gel.

10.95*served with soup or selection of salads or fries.*

SMOKED CHICKEN DELI BAP

Toasted onion and poppy seed deli roll filled with smoked chicken, sauté onions,

*Have it on it’s own and we deduct* ***€2.20***

 sliced tomato, hot peppered cheese, rocket, horse radish mayo and

a rub of Dijon mustard.

10.95 *served with soup or selection of salads or fries.*

CHINESE BAO BUN

Sticky char siu pork belly in steamed Chinese buns with five spice mayo, pickled carrot,

mooli radish spring onion, shredded iceberg and a sprinkle of broken salted peanuts

with homemade sweet & sour gooseberry jam on the side.

10.75 *served with soup or selection of salads or fries.*

CHUCK CHUCK PANINI

Breaded chicken pieces, stuffing, garlic mayonnaise and melted cheddar.

9.25*served with soup or selection of salads or fries.*

HALLOUMI FLATBREAD (*V)*

Breaded halloumi croquettes in a naan flatbread with roasted red peppers, rocket,

sunflower seeds, tomato chilli jam and a drizzle of garlic mayo.

10.75*served with soup or selection of salads or fries.*

THIS MENU IS AVAILABLE TILL 4pm



RESTAURANT & DELICATESSEN

**SIGNATURE SANDWICHES *continued……….***

CAJUN CHICKEN PITTA

Pan fried fillet of chicken in Cajun spices with pickled red onion, fried pineapple pieces,

melted cheese, red pepper, cos lettuce and garlic mayo. .

10.25*served with soup or selection of salads or fries*

KOREAN BRIOCHE SANDWICH

Double fried crispy chicken in a basil, coriander batter with sticky chili &

sesame seed Korean sauce, with daikon radish mayo, apple slaw, iceberg lettuce and

sesame seeds in a toasted brioche bun.

10.75*served with soup or selection of salads or fries.*

*Have it on it’s own and we deduct* ***€2.20***

NIAMH’S CLUB SANDWICH

A toasted double layer packed with chicken, marie rose dressing, bacon bits,

tomato and baby leaves.

9.75*served with soup or selection of salads or fries.*

FALAFEL NAAN(*V)*

Sweet potato falafels in toasted naan bread with roasted red pepper, hummus,

tossed salad in a salted yogurt dressing with our own homemade

curried carrot chutney on the side.

10.50*served with soup or selection of salads or fries.*

CORONATION FLATBREAD

Folded Indian flatbread with pan fried chicken in curried spices and sweet softened apricot with

baby leaf salad tossed in curried mayo topped with crispy broken onion and carrot bhaji,

toasted almond and raita dip on the side.

11.50*served with soup or selection of salads or fries.*

 

RESTAURANT & DELICATESSEN

**TOASTED SANDWICHES**

TOASTED SPECIAL COMBINATION

Our own home-baked ham, cheddar cheese, sliced tomato and onion.

7.95 *served with soup or selection of salads or fries.*

*Have it on it’s own and we duct* ***€2.20***

CHICKEN TOASTIE COMBINATION

Fillet of chicken, smoked streaky bacon, sriracha (chilli) mayo and herb stuffing.

7.95 *served with soup or selection of salads or fries.*

BLT COMBINATION

Crispy bacon, lettuce and tomato with a dollop of mayo.

7.95 *served with soup or selection of salads or fries.*

**SIDE ORDERS**

French fries

 3.25

Potato wedges

 3.75

Niamh’s homemade brown bread

 2.25

Garlic bread

 2.50

Bowl of Niamh’s salads

 6.50

**DESSERTS**

Spoil yourself with our delicious mouth-watering home-baked cakes

on display in our cake fridge.

Please see the dessert menu on your table for today’s treats or one of our team

will be delighted to let you know.



RESTAURANT & DELICATESSEN

**DRINKS**

All refills of **regular** coffee & tea are free – *so please, just ask.*

**NIAMH’S HOUSE COFFEE** *Mug*  **2.3**

We will be happy to **refill** our house coffee-*please ask*

**LYONS GREEN LABEL TEA**  **2.1**

**SPECIALITY TEAS**  **2.5**

*Green tea, decaf tea, chamomile, earl grey, peppermint ,zesty lemon, Rose hip & Hibiscus*

**CAPPUCCINO** *Reg.*  **2.75**

*A magical mixture of espresso & steamed milk with a rich foam. Large*  **2.95**

**CAFÉ LATTE**

*A generous dose of espresso with steamed milk & a layer of foam.*   **2.95**

**CAFÉ MOCHA**

*A shot of espresso, chocolate & steamed milk with a layer of foam*  **3.25**

**AMERICANO** Reg.  **2.6**

*Pure beans – the Italian way, dark & strong* Large  **2.95**

**HOT CHOCOLATE**

*Topped with mini marshmallows and chocolate shavings* **3.35**

**Kid’s Special HOT CHOCOLATE**

*Topped with mini marshmallows and chocolate shavings* **2.5**

 **SOFT DRINKS**

COKE – DIET COKE – 7UP –DIET 7UP-ORANGE **2.3**

*All our soft drinks are served chilled by the can, all cans are recycled.*

**GLASS OF ORANGE JUICE 1.75**

**MINERAL WATER** 500ml *Still or* Sparkling **2.2**

Bottle of fresh **APPLE JUICE** **2.6**

*Carton* of **APPLE OR ORANGE JUICE** **1.3**

**GLASS OF MILK**  **1.75**

**OPENING TIMES**

Monday to Friday 8.30am – 5.00pm

Saturday 8.30 – 4.30pm

Closed Sundays and Bank Holidays

**Allergen information is available at the main cash point.**



RESTAURANT & DELICATESSEN

We pride ourselves in producing the freshest foods, prepared each day in our own kitchen

each meal is prepared to order, so please be patient.

We try to cater for special dietary needs – please advise us carefully about your requirements

Gluten free bread is available but please note that it is not a completely gluten free kitchen, flour products are prepared in the same environment. We do not have separate toasters.

Flour is not used to thicken soups but noodles or pasta can be an ingredient

All vegetable soups are made from the highest quality vegetable stock no meat stock is used unless a meat soup.

Although every effort is made to remove all bones from our fish some may still remain.

Full Allergen information of our dishes and products are available at the main cash point.

Niamh’s brown bread is yeast free.

For those with allergies please be aware that nuts are used in a lot of our dishes.

The beef used in our kitchen is Irish.

Up to date magazines & daily papers are located opposite the cash register,

please help yourself or your waitress will be delighted to get one for you.

Kids can get crayons and pictures to colour in, also located opposite

the cash register, and toys are available for the very young.

The majority of ingredients served in our restaurant

are available to take-out from our deli counter

e.g Niamh’s brown bread, jams, selection of cold meats, salads, lasagne etc.

Please, please bring your docket to the till when paying to avoid delays.

Included in our prices are 9% on food and 23% on soft drinks for the vat man.

Comments and suggestions are always welcome

ENJOY YOUR MEAL AND WE LOOK FORWARD TO SERVING YOU AGAIN

Paula and Niamh Dwan

*(Proprietors)*

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