

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](http://www.niamhs.com)

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*proprietors*

Niamh & Paula Dwan

  [](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwi6gr3GxJPgAhUltnEKHdZdB5MQjRx6BAgBEAU&url=https://www.hiv.gov/blog/5-things-to-know-about-instagram-2017&psig=AOvVaw3fZFpMYVWPoGkF7e2VbyET&ust=1548870003391168)

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

THIS MENU IS AVAILABLE TILL 4pm



RESTAURANT & DELICATESSEN

**BRUNCH**

SOURDOUGH BRUNCH SANDWICH (*V)*

Grilled sourdough with avocado, onion marmalade, poached eggs,

streaky bacon, micro shoots and tomato salsa with chilli jam on the side.

Choose tea or regular coffee.

11.35



ALL DAY BREAKFAST

Traditional pork sausages, bacon, fried egg, artisan pudding,

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

Choose Homemade brown bread or toast.

And Choose tea or regular coffee.

9.9

POSH BEANS AND TOAST *(V)*

Mixed beans in a homemade smoked paprika tomato cassoulet

with grilled sourdough, smashed avocado and a poached egg.

Choose tea or regular coffee

9.95kcal 489 C61 P23 F16

*If you wish to have a mineral or fresh ground bean coffee with your brunch - 75c extra*

**HEALTHY OPTIONS**

OPEN BROWN BREAD & SOUP

Steamed fillet of chicken on grilled brown bread with healthy hub salads

And a mug of soup.

9.5

HEALTHY TURKEY BURGER

‘Gourmet Butcher’s’ Turkey burger in a thins bun with low fat chipotle mayo, fresh spinach and salsa with healthy chips*(roast baby potato, sweet potato & cougette)* and tossed salad in lowcal garlic dressing*.*

12.95 kcal 396 C46.1 P28.8 F10.7

HEALTHY 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.

8.6

VEGAN/VEGETARIAN MENU AVAILABLE– *so please, just ask.*



RESTAURANT & DELICATESSEN

WE USE ONLY IRISH BEEF

**MAINS**

LASAGNE

The Italian classic of baked layers of ground beef in a delicious Italian tomato sauce,

pasta and cheesy béchamel sauce.

served with dressed baby leaf salad, coleslaw and French fries.

13.75

POSH FISH FINGERS

Homemade cod goujons in golden crumb with salad tossed in our honey and red wine

vinegar dressing, saute potatoes and a lemon, garlic & black pepper aiola on the side.

14.25

VOL-AU-VENT

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

creamy white wine sauce served with sauté potatoes.

12.45

THE MEX BURGER

Beef burger with chorizo, melted cheese, fiery mayo, gherkins,

nachos, and shredded iceburg in a toasted brioche bun.

served with dressed baby leaf salad and French fries.

14.5

**SALADS**

CRISPY ASIAN SALAD

Crispy chicken in a fresh herb golden batter on a bed of salad tossed in daikon & maple

dressing with cashew nuts, pickled apple and a drizzle of sesame chilli sauce.

13.75

BANG BANG CHICKEN SALAD

Fillet of chicken in an oriental marinade, pan fried and served on a bed of salad with

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

13.5

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.

11.4



RESTAURANT & DELICATESSEN

**SIGNATURE SANDWICHES**

NIAMH’S CROQUE MADAME

Toasted sourdough with honey roast ham, melted cheese,

creamy white sauce with a hint of mustard & nutmeg topped with

a fried egg, onion marmalade and rocket.

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

STICKY PORK SANDWICH

Sticky BBQ char siu pork belly in brioche bread with cos lettuce,

Sirracha mayo, peanut brittle and garnished with kattfi pastry

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

CORONATION CHICKEN PITTA

Panfried fillet of chicken, tossed salad in coronation mayo,

smoked bacon bits and pineapple & mango salsa.

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



NIAMH’S CLUB SANDWICH

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

*Have it on it’s own and we deduct* ***€2.30***

bacon bits, tomato and baby leaves.

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

GOAT’S CHEESE MELT (*V)*

Toasted multiseed bap with melted goat’s cheese, roasted walnuts,

red onion marmalade, garlic mayo, rocket and balsamic glaze.

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

NEW YORK DELI SANDWICH

Toasted bagel filled with pastrami, whipped goat’s cheese & herbs,

pickles, sweet potato fries, baby leaves and horseradish mayo.

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

CHUCK CHUCK PANINI

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

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

VEGAN/VEGETARIAN MENU AVAILABLE– *so please, just ask.*



RESTAURANT & DELICATESSEN

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

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 and iceberg.

in a toasted brioche bun.

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

FALAFEL NAAN *(V)*

Toasted naan bread with carrot hummus, chickpea falafel, roast red peppers

and tossed salad with homemade curried carrot chutney on the side.

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

ORIENTAL CHICKEN WRAP

Pan fried Fillet of marinated chicken, crunchy salad, pineapple and

crispy noodles with satay sauce in a toasted wrap.

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

*Have it on it’s own and we deduct* ***€2.30***

**TOASTED SANDWICHES**

TOASTED SPECIAL COMBINATION

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

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

CHICKEN TOASTIE COMBINATION

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

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

BLT COMBINATION

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

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

VEGAN/VEGETARIAN MENU AVAILABLE– *so please, just ask.*



RESTAURANT & DELICATESSEN

**SIDE ORDERS**

French fries

3.4



Potato wedges

3.9

Niamh’s homemade brown bread

2.35

Bowl of Niamh’s salads

6.75

**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.**

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.

VEGAN/VEGETARIAN MENU AVAILABLE– *so please, just ask.*



RESTAURANT & DELICATESSEN

**DRINKS**

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

**FILTER COFFEE** *Mug* 2.4

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

**LYONS GREEN LABEL TEA** 2.3

**SPECIALITY TEAS** 2.6

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

**CAPPUCCINO** *Reg.* 2.9

*A magical mixture of espresso & steamed milk with a rich foam. Large* 3.35

**CAFÉ LATTE**

*A generous dose of espresso with steamed milk & a layer of foam.*  3.35

**CAFÉ MOCHA**

*A shot of espresso, chocolate & steamed milk with a layer of foam* 3.65

**AMERICANO** Reg. 2.8

*Pure beans – the Italian way, dark & strong* Large 3.15

**HOT CHOCOLATE**

*Topped with mini marshmallows and chocolate shavings*3.55

**Kid’s Special HOT CHOCOLATE**

*Topped with mini marshmallows and chocolate shavings*2.95

**SOFT DRINKS**

DIET COKE DIET 7UP 2.3

COKE 7UP ORANGE 2.4

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

**GLASS OF ORANGE JUICE** 1.8

**MINERAL WATER** 500ml *Still or* Sparkling 2.3

Bottle of fresh **APPLE JUICE** 2.7

*Carton* of **APPLE OR ORANGE JUICE** 1.35

**GLASS OF MILK**  1.8

**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 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, lasagna etc.

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

Included in our prices are 13.5% 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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www.niamhs.com [](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwi6gr3GxJPgAhUltnEKHdZdB5MQjRx6BAgBEAU&url=https://www.hiv.gov/blog/5-things-to-know-about-instagram-2017&psig=AOvVaw3fZFpMYVWPoGkF7e2VbyET&ust=1548870003391168)