

**TAKE OUT MENU**

**SATAY SALAD BOWL**

Marinated chicken, tossed salad,

Peanuts, pineapple, crispy noodles &Satay

Tub dressing **€6.75**

**CAESAR SALAD BOWL**

Breaded chicken, cos lettuce, red onion, cherry tomato, croutons, & parmesan **€5.70**

**NEW YORK DELI BAGEL**

Sesame bagel, pastrami, gherkins, horse radish mayo, coleslaw, iceburg & relish **€4.95**

**Toasted Special** Ham, cheese, tomato, onion

**BLT** Bacon, lettuce, tomato, mayo **€4.40**

**Chicken Toastie** Chicken, smokey bacon, sirracha mayo

Create your own Sandwich

Choose a bread to be filled:-

Pitta

Panini

Wrap

Multi seed Roll

Floury Bap

Flat Bread

White French Stick

Brioche Bun

Drohan’s Bread *Brown or white*

Dress it:
Ballymaloe Relish              Pesto Oil     Curried Mayo
Wholegrain mustard           Mayonaise Sirracha Mayo
Sweet Chilli Mayo             Caesar Dressing
Sweet Chilli Jam                 Satay Sauce
Cranberry Sauce                  Marie Rose

Onion Marmalade

 [**www.niam**](http://www.niam)**hs.com niamhsweb@gmail.com**

   

 **TAKE OUT MENU**

**CORONATION PITTA**

Chicken in coronation dressing, tossed salad, bacon bits, pineapple & toasted almonds **€4.95**

**VEGETARIAN MELT**

Goat’s cheese, caramelized onion, candied walnuts, rocket & mayo on multi seed

**€4.95**

**PERI PERI PANINI**

Chicken pieces in peri peri mayo with roast peppers, red onion and melted cheese **€4.95**

Healthy HuB Salad Bowls

Small Bowl €5.50

 Medium Bowl €6.50

Large Protein + salad Bowl €8.50

Choose your fillings:

*Surf, Turf & Cheese*:
Fillet of Chicken            Brie
Home-baked Ham        Cheddar
Roast Turkey                Swiss
Tuna Mayo        Parmesan
Crispy Bacon                Coronation Chicken
Smoked Streaky Bacon Egg Mayo
BBQ Pulled Pork Perri Perri Chicken
Fajita Chicken

**Tel:052 6125698**

 **TAKE OUT MENU**

**BBQ PORK BAP**

Brioche bap with BBQ pork, smoked mayo, cos lettuce & caramelized cashew nuts

**€4.95**

**CHUCK CHUCK PANINI**

Breaded chicken pieces, stuffing, garlic mayo & melted cheddar

**€4.95**

**ORIENTAL CHICKEN WRAP**

Chicken, iceburg, grated carrot, red onion, crispy noodles & satay sauce

**€4.95**

**GOUJON BAP**

Chicken goujons, smoked bacon, relish, melted cheese & mayo

 **€4.95**

  Porridge

Healthy porridge to-go  €2.60

**BREAKFAST ROLL**

Bacon, egg & sausage €4.40

**Freshly Baked Scone**

Fruit & cinnamon or plain or Pear & almond €1.60

Homemade Soup
Large €3.10       Small €2.35

Please ask about our Take-Out Specials

**No. 1 Mitchel Street, Clonmel**