

D E L I C A T E S S E N

**SPECIALITY SANDWICHES**

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| **PERI PERI PANINI** Peri peri chicken mayonaise, roast peppers, red onion, melted cheese ​**€4.95** | **TUNA BAGEL** Tuna mayo, sweetcorn, cherry tomatoes, red onion, melted cheese and rocket ​**€4.95** | **KATSU CHICKEN WRAP** Chicken goujons, crunchy salad, cashew nutskatsu mayo, mango chutney **€4.95**​ |
| **CORONATION PITTA** Chicken, coronation dressing, leaves, red onion  bacon bits, pineapple, toasted almonds. ​**€5.50** | **VEGETARIAN MELT (V**) Melted Brie cheese, apple chutney, beetroot, walnuts, rocket, garlic mayo on multi seed bap ​ ​**€4.95** | **​ INDIAN FLAT BREAD** Roast tikka spiced turkey pieces, crunchy salad, apricot, turmeric & mint dressing and crushed poppadoms  **€5.50** |
| **CHUCK CHUCK PANINI** Breaded chicken pieces, stuffing, garlic mayo,  melted cheddar **€4.95**  **ORIENTAL WRAP**  Chicken, pineapple, crunchy salad, peanuts, crispy noodle, satay sauce **€4.95** | **FALAFEL WRAP (VEGAN)** Chickpea hummus, nutty dukkah, crunchy salad, falafel, sumac mayo **€4.95**  **GOUJONS MELT** Goujons, bacon bits, melted cheese, relish, mayo, on sourdough roll  **€4.95** | **NIAMH'S PITTA** Chicken, stuffing, baby leaves, red onion, cherry tomatoes, marie-rose sauce  **€5.50**  ***Have a soup with our speciality sandwiches***  ***€3.00*** |

**TOASTED SANDWICHES**

**Toasted Special**Ham, cheese, tomato, onion **BLT**Bacon, lettuce, tomato, mayo **Chicken Toastie**Chicken, smokey bacon, stuffing, chilli mayo  
**€4.60**



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**BREAKFAST**

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| **BREAKFAST BRIOCHE BAP €4.95** Bacon, avocado, relish, rocket | **BREAKFAST SOURDOUGH ROLL €4.95** Bacon, Sausage, black pudding | **FLAHAVANS PRORRIDGE €2.60** With a selection of toppin​gs |
| **FRESHLY BAKED SCONE €1.60** Fruit and cinnamon, plain or Pear and almond | **COFFEE TO GO** The art of great coffee@Niamh's | **SAUSAGE ROLL €1.80**  **BREAKFAST PASTRIES** |

**HOMEMADE SOUP**

€3.00

*Have a soup with our speciality sandwiches €2.50 extra*

**SALADS**

**CAESAR SALAD BOWL**   
Breaded chicken, bacon bits, cos lettuce, red onion,  
cherry tomato, croutons, and parmesan

**€6.95**

**Make Your Own Salad Bowls from our Salad Hub**  
Small Bowl €5.50  
Medium Bowl €6.50  
Large Protein + salad Bowl €8.50