

# Lunch

## LIGHT BITES

**Homemade Seasonal Soup of the Day** €5

Multiseed bread

**Hot & Spicy Chicken Wings** €7

Celery spears | lime aioli

## SALADS

**R8 Superfood Salad** €9

charred sweet potato | ancient grains | glazed roast carrot & parsnip | mangetout | cherry tomato | broccoli | feta | walnuts | toasted seeds

add chicken €2 | add garlic tiger prawns €3 | add falafel €2

**Honey Baked Goats Cheese Salad** €10

baked goats cheese | grilled vegetables | caramelized walnuts | roast beetroot | sweet chilli pepper dressing | toasted sourdough

add chicken €2 | add chorizo €2

**Shredded Five Spice Duck Salad** €11

sesame & chilli noodles | crunchy pak choi | pickled red cabbage | baby corn | peppers | cashew nuts

**Bang Bang Chicken** €11

peanut butter chilli chicken | wild rice | Asian greens | roasted chickpeas | toasted seeds | coriander & lime dressing

All our dressings are homemade with Newgrange Gold Rapeseed Oil



Fair trade  
organic coffee

## SANDWICHES

### **Buttermilk Chicken Burger** €9

Brioche bun | pesto aoili | parmesan | rocket | pickled red onion | slaw.

### **Wholemeal Pulled Pork Bap** €8.50

Smoked pulled pork | melted brie | rocket | ginger & burnt pineapple relish

### **Fully Loaded Cajun Chicken Ciabatta** €8.50

Cajun chicken | roast pepper | red onion | melted cheddar

### **B.L.T.** €8.50

crispy smoked bacon | baby gem lettuce | plum tomato

### **Spicy Fajita Wrap** €8.50

Marinated chicken | peppers | onion | cheddar | guacamole  
Vegetarian available on request

### **The Ploughman's Cousin** €8.50

Baked ham | smoked applewood cheddar | rocket | caramelised red onion & chipotle relish

### **The Ultimate Veggie** €8.50

roast vegetables | cumin spiced hummus | rocket | fried halloumi  
add cup of soup €2  
add rosemary chunky fries €2

ALL OUR BREADS ARE BAKED FRESHLY EVERY MORNING  
FROM HANSEL & GRETEL BAKERY HERE IN NAVAN

Gluten free bread available on request



**Fair trade  
organic coffee**

## Mighty Mains

### The Ultimate Steak Stack

€13.50

sirloin steak | red pepper chimmi churri | curried onion rings | rocket | black pudding crumble | toasted sourdough | rosemary chunky fries

### r8 Bake

€11

creamy chicken | broccoli | quinoa | three cheese herb crust

### Thai Green Chicken & Crisp Vegetable Curry

Basmati rice

€11

Basmati rice & fries

€12

### Vegetarian Curry available on request

Basmati rice

€9

Basmati rice & fries

€11

## Lunchtime Treats

### USA Style Pancakes

maple syrup | whipped cream €7

berries add Nutella €2

add bacon €2

## Side Orders

Rosemary Chunky Fries

Sweet Potato Fries

Garlic Bread

Green Leaf & Vegetable

Salad

€3 each

See our counter for our delicious selection of homemade snacks

**(Check our board for daily specials & desserts)**

Please inform your server of any food allergies/diet restrictions.  
Allergen menu available on request.

## Coffees

Americano	€2.85
Latte   Cappuccino   Flat White	€3.35
Macchiato	€3.35
Mocha	€3.75
Espresso	€2.50
Iced Latte	€3.35
Hot Chocolate & Marshmallows	€2.75
Deluxe Nutella Hot Chocolate	€4.00

## Syrup

vanilla   chia   caramel   mint   hazelnut	€0.50
---	-------

## Alternative Milk

almond   coconut   soya	€0.70
-------------------------	-------

## Teas

Tea	€2.20
Java Republic Herbal Teas	€3.25

## Wild Orchard Fresh Lemonades

cloudy | pink cloudy |  
rhubarb & ginger

## Soft Drinks

Coke   Diet Coke   Coke Zero   Fanta   Sprite Zero	€2.50
---	-------

Our Java Republic Blue Earth coffee is certified fairtrade & organic. Packed with notes of roasted hazelnut and hint of raspberry, the lingering aftertaste leaves a dark chocolate sensation on the palate.



Our juices and lemonades are supplied by Ireland's leading homegrown producer of premium quality fresh juices and lemonades, Wild Orchard. Each bottle is filled with ingredients that are 100% Irish, 100% natural and 100% delicious!



Full wine list available –  
Just ask your server