

# LUNCH

Homemade Seasonal Soup of the Day/  
multiseed bread (V) (VE) €6.50

Hot & Sticky Chicken Wings OR Vegan  
Cauliflower Wings | celery spears, lime aioli €9

Wholemeal Pork Bap / BBQ pulled pork, melted  
brie, sweet & sour apple slaw,  
rocket €11

Classic B.L.T / crispy smoked bacon, baby  
gem lettuce, plum tomato, sourdough toast €10

Fully Loaded Cajun Chicken Ciabatta /  
cajun chicken, roast pepper, red onion,  
melted cheddar €11

R8 Veggie Focaccia / sundried tomato,  
cashew spread, balsamic roast veggies,  
fried halloumi, rocket, toasted seeds (V) (VE)  
€11

Spicy Fajita Wrap / marinated chicken, peppers,  
onion, cheddar, chilli lime rice, guacamole  
(V) (VE) €11

The Ultimate Steak Ciabatta / sirloin steak,  
caramelised red onion, blue cheese, rocket,  
mustard aioli, rosemary chunky fries €18

The Ploughmans Cousin / baked ham,  
smoked applewood cheddar, rocket, caramelised  
red onion & chipotle relish (V) €11

R8 Superfood Salad / charred sweet potato,  
ancient grains, glazed roast carrot  
& parsnip, mangetout, cherry tomato,  
broccoli, feta, walnuts, toasted seeds  
(V)(VE) €12

add chicken €2.50 | chorizo €2.50 |  
falafel €2.50 | prawns €4

Honey Baked Goats Cheese Salad / baked goats  
cheese, grilled vegetables, caramelized walnuts,  
roast beetroot, sweet chilli pepper dressing,  
toasted sourdough €13 (V)

add chicken €2.50 | chorizo €2.50 |  
falafel €2.50 | prawns €4

Shredded Five Spice Duck Salad / sesame &  
chilli noodles, crunchy pak choi, pickled red  
cabbage, baby corn, peppers, cashew nuts €15

Buttermilk Cajun Chicken Burger OR Falafel  
Burger/ brioche bun, pesto aioli, parmesan,  
rocket, pickled red onion, house slaw, rosemary  
chunky fries €16 OR garlic parmesan fries /  
cajun sweet potato cubes €17

Bang Bang Chicken / peanut butter chilli  
chicken, wild rice, asian greens, roasted  
chickpeas, toasted seeds, coriander & lime  
dressing €14.50 (V) (VE)

Prawn Pil Pil Linguine / smoked chilli, basil oil,  
chorizo, toasted pinenuts, spinach w| garlic  
sourdough €16 (V)

R8 Green Curry / chicken & crisp veg curry  
with basmati rice €14.50  
with basmati rice & fries €15  
(V)(VE)€14/€14.50

# SIDES

ROSEMARY CHUNKY FRIES €4

GARLIC & PARMESAN FRIES €5

CAJUN SWEET POTATOES €5

GARLIC SOURDOUGH €3.50

WITH CHEESE €4

HOUSE SIDE SALAD €3.50

CUP OF SOUP €3

GARLIC AOILI €1

HOUSEMADE RELISH €1

# DRINKS

Wild Orchard Fresh Cloudy or

Pink Lemonade €4

Soft Drinks €3.30

All About Kombucha / Raspberry,  
Ginger & Lemon, Turmeric

Immuni-tea €4

Apple €4

Orange Juice €3

*Fine Wine & Craft Beer available!*

PROTEIN BALLS €2.50

CONFECTIONARY €4

SCONES & CROISSANTS €4.50

*Check our board for daily specials & desserts.*

*Please inform your server of any food  
allergies/dietary requirement*

(V)- Vegetarian  
(VE)- Vegan

*Gluten Free bread, rice, pasta, wraps  
available!*