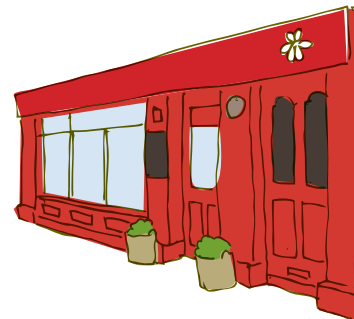


# SEE BLACKBOARD FOR TODAY'S SPECIALS



## LUNCH

### SOUP

**TODAY'S SOUP** with rua brown soda bread . . . . . 5.50

### SALADS

**WARM CHICKEN SALAD** (milk, egg, mustard, sesame, sulphites) . . . . . 12.50  
with harissa mayonnaise, pickles, carrot & coriander slaw, baked potato

**ORTIZ TUNA & FREE RANGE EGG** (fish, egg, mustard, sesame, sulphites) . . . . . 12.50  
with basil mayonnaise, pickles, potato & scallion salad

**WARM GOATS CHEESE** (wheat, soy, egg, milk, sulphites, sesame, mustard, oats) . . . . . 12.50  
with rua tomato chutney, pickles, toasted seeds & brown soda bread

**RUA CHICKEN LIVER PATE** (milk, wheat, sulphites, mustard, soya, sesame, egg) . . . . . 9.95  
with cranberry relish, potato & scallion salad, toast

### SANDWICHES

*all served with leaf salad & a choice of pappardelle pasta salad, potato & scallion salad  
or carrot & coriander slaw*

#### ...ON TOASTED SOURDOUGH

**GOATS CHEESE, BEETROOT & FENNEL JAM** (wheat, rye, sulphites, milk) . . . . . 10.95

**ROAST CHICKEN, ARRABIATTA SAUCE & MOZZARELLA** (wheat, rye, sulphites, milk) . . . . . 10.95

**ANDARL FARM BACON & CHEDDAR RAREBIT WITH PICKLE** (wheat, rye, mustard, milk, sulphites) . . . . . 10.95

#### ...ON A BLAA

**CHICKPEA FALAFEL BURGER** (milk, wheat, mustard, sulphites) . . . . . 12.95  
with velvet cloud tzatziki, chilli relish & pickles *(vegan option available – please ask)*

**KELLY'S SAUSAGES** with slow cooked onion & mustard mayo (wheat, egg, mustard, milk, sulphites) . . . . . 9.95

➔ PLEASE ASK ABOUT TODAY'S DESSERTS • DRINKS MENU ON THE OTHER SIDE ➔

## SIDES

leaf salad (mustard, sulphites) . . . . . 3

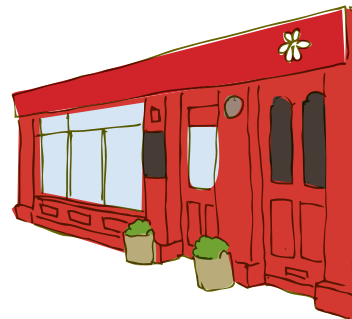
carrot & coriander slaw . . . . . 3  
(mustard, egg, sulphites, sesame)

pappardelle pasta salad (wheat, egg, milk) . . . . . 3

potato & scallion salad . . . . . 3  
(mustard, egg, sulphites, sesame)

sautéed spuds . . . . . 4

# SEE BLACKBOARD FOR TODAY'S SPECIALS



## DRINKS

homemade lemonade . . . . .	.2.80
'the apple farmer' irish apple juice . . . . .	3.25/6.50
luscombe hot ginger beer . . . . .	.3.50
cornelius' pink lemony lemonade . . . . .	.3.25
'all about kombucha' - organic kombucha . . . . .	.3.50
san pellegrino sparkling orange or lemon . . . . .	.2.80
whole earth organic cola . . . . .	.2.80
fíor uisce still or sparkling water . . . . .	2.50/4.50

## WINE, PROSECCO, CRAFT CIDER

il casolare montepulciano/sangiovese (biodynamic) . . . . .	.7 gloine/27 bottle
fugatti pinot grigio (organic) . . . . .	.7 gloine/27 bottle
prosecco valdobbiadene 200ml snipe . . . . .	.9.95
cockagee cider 375ml . . . . .	.7.50

## HOT DRINKS

bean west coffee - roasted in westport. add oat milk/extra shot. . . . .	0.60
organic fairtrade hot chocolate . . . . .	.3.40
pot of barry's tea (pot for 1) . . . . .	.2.30
clement & pekoe loose leaf tea (pot for 1) . . . . .	.3.25