

OFFICE LUNCHES

Homemade Soup	€4.00
<i>served with Artisan Breads and Butter</i>	
Pick a Hummus: -	
• Beetroot Hummus V.G.F.	
• Roasted Red Pepper G.F.	
• Lemon and Coriander G.F.	
• Guacamole Dip [V]	
• Blue Cheese & Walnut Dip [V]	
<i>All served with pitta crusty bread and vegetable crudities</i>	€3.50

TARTS - made with BUTTER PUFF PASTRY

- Smoked Bacon, Spring Onion and Cheddar **€3.95**
- Spinach Sundried Tomato & Brie [V]
- Red Onion Jam and Bluebell Goats Cheese [V]
- Smoked Salmon Asparagus & Dill
- Chicken, Chorizo & Spicy Relish
- Roasted Vegetable Stack & Feta with Pesto [V]

COLD MEATS, FISH & CHEESES

- **Middle Eastern Chicken,** **€7.50**
Roasted Red Pepper, Avocado, Feta & Pine Nut
- **Chicken Coronation:** **€7.50**
Diced Chicken Breast in a light curried mayonnaise with orange, chutney and avocado
- **Chargrilled Lemon & Tarragon Chicken** **€7.50**
with Ceaser Dressing Baby Gem Lettuce & Oven Roasted Vine Tomatoes
- **Charred Beef Flank Sliced** **€7.95**
and served with mixed leaves with pickled carrot, cucumber and coriander.
This beef is cooked slowly and pink.
- **Baked Asian Marinated Salmon** **€7.95**
with Kale slaw, sprouted greens and sesame seeds
- **Smoked Salmon, John Rogan's Smoked Eel and Atlantic Smoked Mackerel,** **€9.50**
cucumber pickle and horseradish crème fraiche
- **Super Greens,** **€7.50**
Broccoli Sprouts, Baby Spinach [V]
Avocado, Courgette, Green Beans, Feta & Asian Dressing

SANDWICH PLATTERS

All sandwiches are made with Granary, White or Wholemeal Breads

- Smoked Salmon, Cream Cheese & Chive **€4.00**
- Chicken, Avocado Mayonnaise & Salad **€4.00**
- Tomato Mozzarella & Basil Pesto [V] **€3.75**
- Honey Baked Ham & Edam Cheese Wholegrain Mayo **€3.75**
- Parma Ham, Sundried Tomatoes, Cream Cheese and Basil **€4.00**
- Tuna, Red onion in mayo **€3.75**
- Egg Mayonnaise & Butternut Lettuce [V] **€3.75**
- Prawn Cocktail and Rocket **€4.50**

Choose up to 3 Types for Platters of 10-12 people.

HOT DISHES (PRICES ARE PER PORTION)

- **Fisherman's Pie** €8.95
Fresh Salmon, Hake & Smoked Coley cooked in White Wine leeks, dill, garlic and cream topped with butter crumb & Parmesan
- **Sri-Lankan Chicken Curry** €7.95
Tender pieces of chicken cooked in fresh ground spices and coconut milk coriander
- **Chicken and Broccoli Bake** €7.50
Chicken in a rich chicken veloute with mushroom and broccoli with cheddar & herb butter breadcrumbs
- **Beef in Guinness Casserole** €7.95
Tynan's diced Beef cooked in Guinness with carrots, celery shallots & potatoes with fresh thyme
- **Chicken Breast in White Wine & Chicken Veloute** €7.50
with mushrooms & tarragon cream
- **Beef Bourguignon Simmered in Red Wine** €8.95
with smokey bacon, shallots & buttered mushrooms
- **Rich Beef Italian Lasagne** €6.95
with fresh Parmesan
- **Vegetarian Chickpea, Lentil and Bulghar Wheat Chilli** €6.95
with guacamole & Greek yogurt

SIDE ORDERS

- Selection of Freshly Made Artisan Breads and Butter - *10 portions* €15.00
- Garlic and Fresh Herb Bread €1.00 p.p.
- Basmati Rich - *10 portions* €20.00
- Scented Rice - *10 portions* €22.00
with Cardamon, Cloves and Cinnamon
- Cheese & Garlic Potatoes Gratin - *10 portions* €25.00
diced potatoes cooked in cream, butter and garlic layered with White Cheddar
- Champ Creamy Fluffy Mash with Spring Onions - *10 portions* €25.00
- Rustic Potatoes - *10 portions* €20.00
cooked in olive oil, garlic & rosemary sea salt flakes

SWEET TREATS

- Lemon Drizzle Cake €2.00
- Orange & Pistachio Cake €2.00
- Victoria Sponge Jam & Cream €3.00
- Orange & Star Anise Carrot Cake €2.50
- Apple Strudel Cake Puff Pastry €3.50
- Lemon & Blueberry Cake €2.00
- Pear & Almond Tart €3.50
- Best Ever Chocolate Brownie €3.50

All Serves 10

- Fresh Lemon & Raspberry Cheesecake €32.00
- Meringue Roulade with Seasonal Berries €30.00
- Chocolate & Blood Orange Gateau €32.00
- Fresh Fruit Platter €35.00

All served with Fresh Cream or 0% Fat Yogurt

- Irish Farmhouse Cheeses, Fruit, Honey & Biscuits €55.00