

LUNCH MENU



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SOUP OF THE DAY Seasonal soup with herb oil and Guinness and treacle bread (G)(S)(M)(SU)	5.9
ASIAN CHICKEN SALAD Crispy soy chicken, pickled ginger, Asian green leaves, peanuts and sesame dressing (P)(S)(N)(SE)(G)	(S)6.9/(M)9.90
HUMMUS AND BEETROOT SALAD  Homemade hummus, baked beetroot, spicy chickpeas, Mullane's organic leaves, pomegranate, puffed seeds served with toasted flat bread (G)(E)(SE)	(S)6.5/(M)8.90
RED PRAWNS AND PANZANELLA SALAD  Pan fried prawns, capers, olives, roasted peppers, crispy croutons,  Mullane's organic leaves with garlic and lemon dressing (G)(E)(F)(MO)(K)	S)7.9/(M)10.90
SMOKED SALMON OPEN SANDWICH Smoked Connemara salmon, smoked cream cheese, capers and red onion o homemade brown bread (M)(CF)(MO)(F)(K)(G)	9 n
MOULES MARINIERE Fresh Atlantic blue mussels cooked in a creamy white wine sauce served with chunky chips (M)(MO)(K)(SU)(F)	10.5
PHILLY STEAK SANDWICH Seared steak, grilled peppers and onions, Monterey Jack cheese, brown but mayo on a floury bap with chunky chips/sweet potato fries (M)(E)(G)	12 ter
THE FORTYONE BURGER Homemade bbq pulled pork, cheese, pickles and rubyslaw on a floury bap with chunky chips/sweet potato fries (M)(E)(G)(S)	12
FALAFEL BURGER Homemade spiced chickpea patty, cheese, rubyslaw, Mullane's organic leave on a floury bap with sweet potato fries (G)(M)(E)(SE)(S)	12 es
TANDOORI CHICKEN Tandoori spiced chicken, Bombay potatoes, yoghurt, mint and pomegranate	12.9 e (M)(E)
TERIYAKI SALMON Teriyaki glazed salmon, pickled cucumber, spiced couscous and lemon vinaig	12.9 rette (G)
SIDES	

Sweet potato fries	2.5	Triple fried chips	2.5
Side salad	2.5	Rubyslaw	2.5
Pulled Pork	3.0		

Selection of Ice cream sundaes available (P)(N)(M)(E)(G) 5.9



Gluten - G, Crustaceans - K, Eggs - E, Fish - F, Peanuts - P, Soy beans - S, Milk - M, Nuts - N, Celery - CL, Mustard - MU, Sesame - SE, Sulphites - SU, Lupin - L, Molluscs - MO