



HOT & TOASTED

CHOICE OF WRAP/ PANINI/ CIABATTA/ BAGUETTE/
BROWN SODA/ BROWN OR WHITE SLICED BREAD

Toasted Special €6.50

Baked ham, Cheddar cheese, tomato & onion

Tuna Melt €6.50

Tuna with a trio of cheese, red onion & roasted red peppers

Hot Chicken Ciabatta €6.95

Chargrilled chicken, tomatoes, roasted red peppers & jalapeño relish

Traditional BLT €6.50

Turkey Melt €6.95

Turkey, brie cheese & cranberry sauce

Hot Roast Rib of Beef..... €7.50

Straight off the carvery

Hot Chicken & Stuffing..... €6.95

Straight off the carvery

Monday to Saturday except Bank Holidays



SANDWICHES & WRAPS

ALL SANDWICHES SERVED WITH A SIDE SALAD & CRISPS

Red Cow Classic Club Sandwich €7.20
*With turkey, bacon, lettuce, tomato
& sliced egg*

Coronation Chicken €5.95
*Chicken in a light curry mayonnaise,
mango chutney, lettuce & red onion*

Chicken, Pesto & Parmesan Wrap..... €5.95

Pastrami Beef €6.50
*Sliced pastrami beef, Swiss cheese,
rocket & tomato relish on a Blaa*

The Veggie €5.75
*Goats cheese, sundried tomato,
basil pesto & mixed leaves in a wrap*

Open Prawn Sandwich €8.95

Monday to Saturday except Bank Holidays



SALAD BAR MENU

SELF SERVICE SALAD BAR

Salmon Mayonnaise Salad€11.95

Chicken Caesar Salad €9.95

Cold Meat Platter.....€6.95

1 meat & 3 salads

Large Cold Meat Platter €9.60

2 meats & 6 salads

Selection of Homemade
Quiches / Tartlets..... €9.95

With a choice of 3 salads

Baked Potato..... €6.50

With a choice of 2 fillings & side salad

Monday to Saturday except Bank Holidays