

QUENCH

LUNCH

SANDWICHES

THE CLUB - THE CLASSY SANDWICH	14.90
Crispy smoked pancetta, chicken, egg and lettuce on crusty sourdough (Contains 1-wheat,3,6,7,10,12)	
THE SLOPPY JACK - JOE'S VEGAN COUSIN	12.90
BBQ jackfruit on a vegan bun with pickles and crispy onions (Contains 1-wheat,6,10,12)	
THE BUFFALO CHICKEN WRAP	12.90
Chicken goujon wrap with melted cheese and buffalo sauce (Contains 1-wheat, 3,6,7,10,12)	
THE HOT PASTRAMI	14.50
Shaved pastrami beef on sourdough two cheeses and wholegrain aioli (Contains 1-wheat,3,6,7,10,12)	
TOASTED SPECIAL	10.90
Home cooked ham - hand carved with mature cheddar and caramelised onion relish (Contains 1-wheat,3,6,7,10,12)	
THE CHICKEN CAESAR WRAP	12.90
The iNUA classic - chicken goujons and baby gem lettuce in a soft wrap (Contains 1-wheat,3,4,6,7,10,12)	

All sandwiches come with a cup of fries and salad

ADD ONS	
Cup of soup	3.50
Bowl of soup	6.00
House slaw	2.50
Rocket and tomato salad	3.00

SOUPS

CREAMY SOUP OF THE DAY	7.90
Made fresh daily - please enquire with your server for further details (Contains 1-wheat,6,7,9,12)	
THE BRASSERIE SEAFOOD CHOWDER	10.90
Cream based chowder, served with salmon, white fish & mussels served with brown bread (Contains 1-wheat,oat,3,4,6,7,9,12,14)	

SALADS & SNACKS

THE BRASSERIE CAESAR	sm 9.90 lg 14.50
Crisp smoky pancetta and buttery focaccia fingers our creamy house Caesar dressing, tossed baby gem lettuce served of course with heaps of parmesan shavings (Contains 1-wheat, barley,3,4,6,7,10,12)	
THE VERMICELLI NOODLE CHILLI SALAD	sm 9.90 lg 14.50
Full of flavours, crisp vegetables and fresh coriander tossed in rice vinegar, gently topped with chilli dust (Contains 1-wheat,6,9,11,12) - Vegan	
GREEN GODDESS SALAD	sm 9.90 lg 14.50
Asian greens, cucumber, soy bean, wakame pickled ginger, candied walnuts, lemon & sesame dressing (Contains 6,8-walnut,9,10,11,12) - Vegan	

Add chicken or vegan feta style cheese to any of above 4.00
(Contains 6)
Add seared prawns or poached flaky salmon to any of above 6.00
(Contains 2,4,7)

THE ZESTY CHICKEN	sm 9.90 lg 14.50
Roast chicken in a lime, honey and spice sauce guacamole, tossed leaves and purple quinoa (Contains 7,9,10,11,12)	

STICKY IRISH CHICKEN WINGS	sm 11.90 lg 17.50
Buffalo wing sauce, blue cheese dip Main course portion served with a cup of fries (Contains 1-wheat,3,6,7,9,12)	

ALL DAY BRUNCH & BITES

TOASTED FRUIT SCONES	4.50
Fresh cream and Follan's strawberry jam (Contains 3,7,12)	
FRENCH TOAST	9.50
Zesty compote and vanilla ice cream (Contains 1-wheat,3,6,7,12)	
THE SMASHED AVOCADO & POACHED EGGS	7.50
Chilli nut dressing (Contains 1-wheat,3,4,6,7,8-pecan,10,12) Add pancetta 2.50 Add smoked salmon 4.00	
IRISH CHICKEN WINGS	11.90
Buffalo wing sauce, blue cheese dip (Contains 1-wheat,2,3,4,6,7,12)	

All our beef and pork is of Irish origin unless stated otherwise and our chicken is of EU origin.. Whilst every care is taken to ensure our dishes do not contain allergens other than listed for each dish, traces may be present due to the nature of our kitchens and operations. Please inform your server if you suffer from any food allergy or have other dietary requirements.

1-Cereals cont. Gluten, 2-Crustaceans, 3-Eggs, 4-Fish, 5-Peanuts, 6-Soybeans, 7-Milk, 8-Nuts, 9-Celery, 10-Mustard, 11-Sesame Seeds, 12-Sulphites, 13-Lupins, 14-Molluscs

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PIZZA

12" SOURDOUGH PIZZA, SAN MARZANO TOMATOES AND OUR HOUSE BLENDED CHEESE

THE MARGHERITA 15.50
Fresh basil and mozzarella pearls
(Contains 1-wheat,oat,3,6,7,9,12)

FRESH FROM THE SEA 17.90
Topped with poached prawns and BBQ salmon
lemon aioli dollops and garlic oil drizzles
(Contains 1-wheat,oat,2,4,6,7,9,12)

SPICY & MEATY 17.90
All the meats you expect topped gently with chilli dust
and drizzles of garlic aioli
(Contains 1-wheat,oat,6,7,9,10,12)

VEGAN FEAST 15.50
Kalamata olives, pulled jackfruit and vegan style cheese mix
basil pesto
(Contains 1-wheat,6,8-pine,9,10,12)

WILD & WONDERFUL 16.90
Garryhinch organic mushrooms, rosemary infused olive oil
rock chives and caramelised red onion
(Contains 1-wheat,oat,6,7,9,10,12)

SIDES

Sweet potato fries & truffle mayonnaise (Contains 6,10) - Vegan 5.50
Minted baby potatoes (Contains 7) - Vegan optional 4.50
Skin on fries 4.50
Roast plum cherry tomato & rucola salad (Contains 12) - Vegan 4.50
Crunchy Summer vegetables - fresh herbs (Contains 7) 4.50

SWEET CHOICES

LEMON CURD ROULADE 8.90
Raspberry puree and Chantilly cream
(Contains 1-wheat,3,6,7)

SALTED CARAMEL BROWNIE 8.90
Vanilla bean ice cream
(Contains 1-wheat,3,6,7)

CHOCOLATE AND BANANA MOUSSE 8.90
Banana textures
(Contains 1-wheat,6) - Vegan

SELECTION OF BOULABAN ICE CREAM 8.50
Please ask your server
(Contains 1-wheat&barley,3,6,7,8-various,12)

KNICKERBOCKER GLORY 8.50
Strawberry syrup, meringue and honeycomb
(Contains 3,7)

APPLE TART TATIN The French way of 8.90
apple tart, served with ice cream
(Contains 1-wheat,3,6,7,12)

IRISH FARMHOUSE CHEESE SELECTION 14.50
Grapes, celery, cheese biscuits and chutney
(Contains 1 wheat, oat,rye,3,6,7,8-almond,hazelnut,9,10,11,12)

FISH & SEAFOOD

CHILLI PRAWN LINGUINI sm 16.50 lg 22.00
Green pesto, blushed tomato and garlic oil drizzles
(Contains 1-wheat,2,3,6,7,8-pine,12)

FRESH FISH 'N' CHIPS 19.90
Sole fillets, breaded and golden fried
zesty tartar sauce and roast garlic aioli served with fries
(Contains 1-wheat,3,4,6,7,9,10,12)

VEGAN & VEGETARIAN

HEALTHY GREEN LENTIL & RAINBOW CARROT CURRY 15.50
Fresh coriander and toasted cashew nuts
fragranced coconut & basmati rice
(Contains 6,8-cashew,9,12) - Vegan

CHICKPEA AND SPINACH TAGINE 15.90
Flatbread and dips
(Contains 1-wheat,6,9,12) - Vegan

Add chicken or vegan feta style cheese to above 4.00 (Contains 6)
Add seared prawn tails to above 6.00 (Contains 2,7)

MEATS

RIB EYE BEEF BURGER 21.50
7oz steak mince patty with mature cheddar in brioche
bap, mildly spicy & smoky burger sauce baby gem and
spiced fries
(Contains 1-wheat,oat,3,6,7,9,10,12)

THE SPICY BUFFALO CHICKEN BURGER 17.50
Crispy coated chicken with buffalo sauce
brioche bun and fries
(Contains 1-wheat,6,7,10,12)

ROAST OF THE DAY 17.50
Served as it should be with creamy potatoes
Your server will know more - please ask!
(Contains 6,7,9,10,12)



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