DELI MENU

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SUPER BOWL

POACHED SALMON, SHREDDED CARROT, AVOCADO, QUINOA, POMEGRANATE, BROCCOLI, BEETS, BABY SPINACH, MIXED SEEDS, HONEY AND MUSTARD DRESSING

ASIAN STREET SALAD

SHREDDED CHICKEN, BEAN SPROUTS, SPRING ONIONS, EGG NOODLES, CASHEW NUTS, CARROT, TOASTED SESAME SEEDS, CUCUMBER, CHINESE CABBAGE, CORIANDER, ASIAN DRESSING

THE COLD TURKEY ROAST TURKEY, BROWN RICE, SPINACH, SPRING ONIONS, CHERRY TOMATOES, ROAST PEPPERS, PUMPKIN SEEDS, CITRUS DRESSING

SPICY PRAWNS TIGER PRAWNS, FRESH CHILLI, AVOCADO, RED CABBAGE, SHREDDED CARROT, TOASTED PEANUTS, CRISP GREENS, POMEGRANATE, CHILLI AND LIME DRESSING

REDMOND FARM BBQ PULLED BEEF, RED ONION, APPLE AND CELERIAC SLAW, QUINOA, ROASTED CORN, COS LETTUCE, BBQ DRESSING

VEG OUT

AVOCADO, CHERRY TOMATOES, CARROT, ROASTED BEETS, BROCCOLI, APPLE, MIXED SEEDS, TOASTED NUTS, ROAST PEPPERS, FETA, CUCUMBER, BABY SPINACH, BALSAMIC DRESSING

CREATE YOUR OWN CHOOSE 1 SALAD, 1 PROTEIN, AND UP TO 5 VEG/FRUIT AND 1 DRESSING

GOURMET SANDWICHES

RARE REDMOND FARM ROAST BEEF

ON SOURDOUGH BAGUETTE, RED ONION, ROCKET, PLUM TOMATO, HORSERADISH CRÈME FRAICHE €8.50

REDMOND FARM BBQ PULLED BEEF

RED CABBAGE, APPLE AND CELERIAC SLAW, SPRING ONIONS, BBQ SAUCE ON A SESAME BUN €7.50

TURKEY, AVOCADO, B.L.T

ON SOFT CIABATTA, BEETROOT HUMMUS €8

TUNA MELT

WICKLOW CHEDDAR, PLUM TOMATO, RED ONION, ROASTED CORN, MULTISEED BAP €7.50

PIRI PIRI CHICKEN WRAP

AVOCADO, COS LETTUCE, TOMATO SALSA, WICKLOW CHEDDAR, ROAST GARLIC AND HERB DRESSING €8