
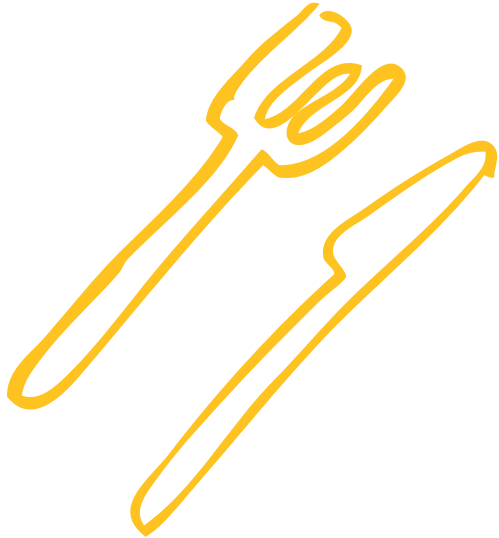




WELCOME TO



jam



WE'RE A SELF-SERVICE
STYLE CAFÉ.
PLEASE ORDER & PAY
FOR FOOD & DRINKS
AT THE COUNTER
BEFORE TAKING A SEAT!



all food is
available to
Take-Away



**CHECK BOARDS FOR
DAILY SPECIALS!**



***Allergen List: 1 Gluten 2 Crustaceans 3 Eggs 4 Fish 5 Peanuts 6 Soybeans 7 Milk 8 Nuts 9 Celery
10 Mustard 11 Sesame seeds 12 Sulphur dioxide and sulphites 13 Lupin 14 Molluscs**

A FOLDER IS AVAILABLE WITH ALL RELEVANT ALLERGEN INFORMATION.
PLEASE ASK A MEMBER OF STAFF

CHOICE OF TODAY'S SOUP with brown bread	€3.70 €4.80
BAKED STUFFED POTATO ⁽⁷⁾ GF with ham, cheese, sweetcorn & spring onion	€9.95*
GRILLED GOATS' CHEESE TART ^(1,3) On puff pastry with roast Mediterranean vegetables, tomato & pesto	€10.95*
CHOICE OF TODAY'S QUICHE ^(1,3,7) We generally have Ham, Chicken & Vegetarian options	€9.95*
SHEPHERD'S PIE ^(7,9) GF Irish Beef with onion, carrots, celery & peas topped with mashed potato	€10.95*
BEEF LASAGNE ^(1,3,7,9) Layers of Irish Beef in a rich tomato sauce, pasta sheets & cheese sauce baked together	€10.95*
LENTIL & NUT LOAF ^(1,3,7,9,11) A spicy combination of lentils, nuts, vegetables & cheese, served with tomato chutney	€9.95*
CROSTINI OF MOZZARELLA, TOMATO, PESTO & OLIVES ^(1,7,8)	€3.40
IRISH STEW ^(9,10) Kerry Lamb cooked with onions, carrots, celery, potatoes & garden herbs served with brown bread	€9.50
TODAY'S GRILLED PANINI	€6.00
CHICKEN TIKKA WRAP ^(1,3) Tandoori chicken, iceberg lettuce, peppers & red onion all bound in a tikka mayonnaise & wrapped in a tortilla wrap, toasted	€6.50
CHILDREN'S SPECIAL plain sandwich, carton of juice or glass of milk	€4.50
SALAD PORTION	€2.20
SMALL SALAD BOWL	€4.50

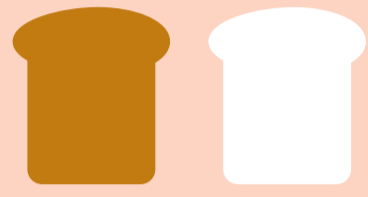
** these items are served with 2 salads of your choice*

THE JAM SANDWICH

CREATE YOUR OWN FAVOURITE!

1. CHOOSE YOUR BREAD

Brown loaf bread
White loaf bread
Wrap
House baguettes



2. CHOOSE YOUR SPREAD

Butter
Mayonnaise
Relish
Mustard
Sweet Chilli sauce
Pesto
Tikka sauce
Barbeque sauce

3. CHOOSE YOUR MAIN FILLING

Deli-style ham
Home-cooked chicken breast
Roast beef
Crispy bacon
Tuna with sweetcorn
White Irish Cheddar Cheese
Egg mayonnaise

4. DRESS YOUR SANDWICH (optional) any 3 of the following:

Lettuce
Coleslaw
Tomato
Potato salad
Herb stuffing
Red onion

PLAIN (bread, spread, choice of 1 MAIN filling, cheese or salad)

€4.20

DRESSED (bread, spread, choice of 1 MAIN filling and 3 dressings)

€4.80

WRAP MADE TO ORDER (wrap, spread, choice of 1 MAIN filling and 3 dressings) €6.00

TOASTING

EXTRA €0.50

EXTRA MAIN FILLING

slice ham, turkey, beef

€1.00

cheese

€0.50

bacon 50g

€1.80

chicken breast

€3.00

TOASTED SPECIAL (1,7)

€5.00

(toasted brown or white sandwich with ham, cheese, tomato & red onion)

B.L.T. (1,3,7)

€5.20

(crispy bacon, lettuce & tomato on toasted bread with mayonnaise)

OPEN BROWN OR GLUTEN FREE SANDWICH

€5.80

(2 slices of jam's brown or gluten free bread, spread, choice of 1 MAIN filling & 3 dressings)