

## TOO BUSY OR TOO TIRED TO COOK?

Each of our café/delis offers packed, individual portions of our main meals from our regular menu as well as our daily specials. We also have extensive sweet and savoury Home Catering Menus available for you - from one custom celebration cake to the whole event menu, we're here to help and make it all a sweeter experience.

## THE JAM PROMISE

We use the best quality locally sourced Irish flour, dairy and meats and high quality suppliers for non local ingredients like high percentage cocoa chocolate, quality fresh fruit and more. We cook in small batches by hand using these quality ingredients and then carefully finish, pack and deliver before 9am to our cafés in Kerry and Cork. Everything we make is free from additives, preservatives, colourings and other nasty bits and we produce a range of gluten-free goods too.

## HOW TO ORDER

1 You can telephone any of our cafés directly during opening hours

or

2 You can email your order to [info@jam.ie](mailto:info@jam.ie) at any time. In that email please give us *your name, contact telephone number, full details of the order* (choice, size, date required) including any special message requests and the jam café from which you intend to collect. *Please note your order is not confirmed until you receive a confirmation call or email from us.*

### JAM KENMARE

T: 064 664 1591

### JAM KILLARNEY

T: 064 663 7716

### JAM CORK

T: 021 4323 018

*If you have any queries about ingredients or any other questions please feel free to call the bakery directly between 9am and 12 noon Monday to Friday, at 064 664 2864.*

**Orders must be placed at least 48 hours in advance.**

All items are subject to availability and seasonal price variation.

Payment on collection. All major credit cards accepted.

*(terms and conditions apply)*

## SAVOURY FOOD HOME CATERING MENU

# jam



EVERY EVENT IS SWEETER WITH JAM!



### JAM KENMARE

6 Henry Street  
Kenmare  
Co. Kerry

T: 064 664 1591

F: 064 664 0790

### JAM KILLARNEY

Old Market Lane  
Killarney  
Co. Kerry

T/F: 064 663 7716

### JAM CORK

Hanley's of Cork  
Frankfield Road  
Ballycurreen  
Cork

T/F: 021 432 3018

E: [info@jam.ie](mailto:info@jam.ie)  
www.jam.ie

## EAT IN OR TAKE OUT

All our cafés carry a selection of breads, cakes, desserts and savoury dishes, soups and meals for you to take away to enjoy. Ideal for coffee mornings, work treats and casual get-togethers.

## ABOUT JAM

It's an early start each morning in the jam Bakery Kitchen near Moll's Gap on the Ring of Kerry. From 5am our bakers and chefs are beginning another day of crafting jam's unique delights. Using traditional methods and decades of experience, it's here in the heart of Kerry we mix, prepare, knead, bake and cook our fresh breads, scones, cakes, pies and a whole lot more sweet and savoury dishes for you to enjoy.

James Mulchrone



E: [info@jam.ie](mailto:info@jam.ie)  
[www.jam.ie](http://www.jam.ie)

## PARTY FOOD

### CANAPÉ BOX

€15.00/dozen

Minimum order 1 dozen.

CHICKEN TIKKA SAMOSA \*1,6,9,11

MIXED VEGETABLE SAMOSA \*1,6,9,10,11

GOATS CHEESE TOMATO, OLIVE & PESTO PIZZETTES \*1,3,8

CHICKEN SATAY STICK (*contains peanuts*) \*5,6,11

BARBECUED CHICKEN DRUMSTICKS \*6,10

### SANDWICH PLATTER

8 ROUNDS OF MIXED SANDWICHES

*cut into quarters & arranged on a platter* €30.00

### MIXED WRAP PLATTER

8 MIXED WRAPS

*cut into thirds & arranged on a platter* €35.00

## QUICHES

All our quiches serve 8-10 portions €25.00

HAM, CHEESE & ONION \*1,3,7

CHICKEN WITH SPINACH, BLUE CHEESE \*1,3,7

ROAST VEGETABLE WITH PESTO & TOMATO \*1,3,7,8

SMOKED SALMON, SPRING ONION,  
DILL & CREAM CHEESE \*1,3,4,7

BROCCOLI, FETA CHEESE & CHERRY TOMATO \*1,3,7

## MEAT PLATTERS

Deli-style meats dressed on platters, priced according to weight. (*Note these are not our own home cooked meats*).

ROAST BEEF (*approx 20 slices*) €25.00/kg

DELI STYLE HAM €23.00/kg

TURKEY BREAST €24.00/kg

# SOUPS & SALADS

## SOUPS

€3.00 per portion

We generally have two soups in our cafes available to take away each day. Here are a few of our more popular ones that can be ordered in 2.5 ltr containers which serve 10 people. The soups are €20.00 and the chowder is €30.00.

TOMATO & BASIL	*9
COUNTRY VEGETABLE	*7,9
POTATO & LEEK	*7,9
KENMARE BAY SEAFOOD CHOWDER	*1,2,4,7,9,12

We recommend our brown bread to serve with our soups;

PLAIN BROWN *1,3,7	€2.40
SEEDY FRUIT BROWN BREAD *1,7,11,12	€2.90
GLUTEN FREE BREAD *3,7,6	€3.95

## SALADS

€12.00/kg

Jam is known for its salad selection, please enquire for today's seasonal selection. All salads are sold by weight we recommend 1 kg for 8-10 portions.

POTATO WITH SPRING ONION & PARSLEY	*3,10
COLESLAW	*3,10
PASTA SHELLS WITH SUN-DRIED TOMATO & BLACK OLIVES	*1,3
CURRIED RICE WITH COCONUT & RAISINS	*10
TOMATO, BROCCOLI, RED ONION & FETA WITH BALSAMIC	*12
ORIENTAL NOODLE WITH SOYA & SESAME	*1,6,11
SPICED ROAST CAULIFLOWER, CHICKPEA & POMEGRANATE SEEDS	
WALDORF, CELERY & RED APPLE WITH CHOPPED WALNUTS	*3,8,9,10
GRATED CARROT WITH MIXED SEEDS, APRICOT & HAZELNUT DRESSING	*8,10,11
DICED BEETROOT WITH APPLE & STRAWBERRY, SPICED PLUM DRESSING	*10
BILLY'S ORGANIC MIXED LEAVES** (allow 20g per plate) **when in season	€4.50 per 100g
JAM SALAD DRESSING 300ml *8,10	€2.00
JAM CAESAR DRESSING 300ml *3,4,10	€3.25

# DISHES

## SALMON & SPINACH

\*1,3,4

Fillet of fresh salmon layered with spinach and a horseradish cream baked in puff pastry. Can be pre-cut if required.

14 PORTIONS €60.00

## LEEK, RICOTTA & SWEETCORN ROULADE

\*1,3,7

A savoury cake of leeks and eggs rolled with a ricotta and sweet corn filling with Parmesan.

SERVES 8/10 €25.00

## FLAT GOATS CHEESE TART

\*1,3

Puff pastry base layered with caramelised red onions, mushrooms, crumbled goats cheese, topped with olives sun-dried tomatoes & fresh herbs.

SERVES 12/16 €28.00

## GOATS CHEESE TARTLET

\*1,3

Puff pastry layered with tomato sauce, roast peppers & topped with a slice of goats cheese topped with homemade pesto.

SERVES 1 €5.50

## DRESSED SALMON PLATTER

\*3,4,10

Whole salmon taken off the bone, gently poached and dressed on a platter with cucumber and served with our special marie rose sauce.

€85.00

## HOME COOKED HAM

\*10

Full ham on or off the bone, slowly cooked, studded with cloves and glazed with our own ham glaze. Carved or not, carve or not you decide

APPROX 5/6KG (50/60 slices) €85.00

## LENTIL AND NUT LOAF

\*1,3,7,9,11

A spicy combination of lentils, nuts, vegetables and cheese topped with mixed seeds and baked together - great with tomato chutney

SERVES 4/6 €9.50

# MEALS

## BEEF LASAGNE

\*1,3,7,9

Layers of Irish beef and tomato sauce, pasta sheets topped with cheese sauce and baked together.

FOIL TRAY (serves 6-8)

€26.50

## SHEPHERDS PIE

\*7,9

Pan fried Irish minced beef with onion, celery, carrot and peas in a tomato sauce, topped with creamy mashed potato.

FOIL TRAY (serves 6-8)

€26.50

## KENMARE BAY FISH PIE

\*1,2,4,7,9,12

Selection of local seafood in a white wine, dill and cream sauce, topped with mashed potato.

FOIL TRAY (serves 6-8)

€36.00

## VEGETARIAN LASAGNE

\*1,3,7,9,12

Roast Mediterranean vegetables in a tomato sauce layered with pasta sheets, with creamed leeks and mushrooms, topped with a rich cheese sauce.

SERVES 6-8

€30.00

## CHICKEN & BROCCOLI BAKE

\*1,7,9,10

Cooked chicken breast and broccoli stems in a creamy leek sauce topped with herb bread crumbs and cheese.

FOIL TRAY (serves 6-8)

€26.00

## SALMON CAKES

\*1,3,4,7,10

A mix of fresh and smoked salmon with potato, spring onion and fresh dill, coated in bread crumbs; 1 for starter or 2 as a main course (*great with some pickled cucumber and our marie rose sauce*).

MIN ORDER 6

€3.00 per cake

### \* 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

Prices quoted are for cold food collected from your chosen café.

## GREEN THAI CHICKEN CURRY

\*4,6,9

A silky smooth fragrant curry of chicken breast, coconut milk, spices and peppers.

10 PORTIONS FOR €70.00

€7.95 per portion

## BEEF AND GUINNESS CASSEROLE

\*1,9,10

A hearty favourite of beef cooked slowly in Guinness with carrots and onions.

10 PORTIONS FOR €60.00

€6.95 per portion

## LAMB TAGINE

\*1,8,9,12

Diced lamb cooked slowly with Moroccan spices and finished with chopped apricots and flaked almonds.

10 PORTIONS FOR €70.00

€7.95 per portion

## IRISH STEW

\*9

A traditional stew of Kerry lamb cooked with onions, celery, carrots and potatoes, flavoured with garden herbs.

10 PORTIONS FOR €60.00

€6.95 per portion

## BEEF STROGANOFF

\*1,7,9,10

A timeless classic of beef strips with mushrooms and onions, finished with cream, paprika and mustard, with a drop of brandy.

10 PORTIONS FOR €80.00

€8.95 per portion

*(the 10 portions will come in large plastic tubs)*

## BAKED STUFFED CHICKEN BREAST WRAPPED IN PARMA HAM

\*1,8

Chicken supreme stuffed with sun-dried tomato & olive stuffing, wrapped in Parma ham and baked with rosemary & cream

6 PORTIONS (minimum order)

€40.00

# SIDE ORDERS

BOILED RICE

€1.85

MASHED POTATO \*7

€1.50

POTATO GRATIN (SERVES 6-8) \*7

€14.50