



# jam

## THE JAM SANDWICH – *create your own favourite*

### 1. Choose your bread

Brown loaf bread  
White loaf bread  
Wrap  
Baguette

### 2. Choose your spread

Butter  
Mayonnaise  
Relish  
Mustard

### 3. Choose your filling

Ham  
Home-cooked Irish chicken  
Home-cooked Irish beef  
Crispy bacon  
Tuna with sweetcorn  
White Irish Cheddar Cheese  
Egg mayonnaise with spring onion

### 4. Dress your sandwich (optional)

*any three of the following:*  
Lettuce  
Coleslaw  
Tomato  
Potato salad  
Herb stuffing  
Red onion

Plain €4.00

Dressed €4.50

### Toasted special

€4.80

Toasted brown or white sandwich with ham, cheese, tomato & onion

### Chicken tikka wrap

€5.50

Tandoori chicken, iceberg lettuce, peppers & red onion all bound in a tikka mayonnaise and wrapped in a tortilla wrap. Served hot or cold

### B.L.T.

€4.80

Crispy bacon, lettuce & tomato on toasted bread with mayonnaise

### Chicken coupe

€4.50

Chicken breast with hot bread stuffing, egg mayonnaise and lettuce on a bread of your choice

### Sausage roll

€1.85

### Salad portion

€1.95

### Tuna portion

€2.70

*All our fresh beef, lamb & chicken are Irish produced*



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## Choice of today's soup

with brown bread

€3.50

€4.50

## Crostini of mozzarella, tomato, pesto & olives

€3.20

## Baked stuffed potato

with ham, cheese, sweetcorn & spring onion

€4.50

## Baked fillet of salmon

in puff pastry with spinach

€10.95 \*

## St Tola's goats' cheese tart

with roast Mediterranean vegetables and pesto

€9.95 \*

## Choice of today's quiche

€8.95 \*

## Vol au vent of chicken & mushroom

in a white wine & tarragon sauce

€9.95 \*

## Shepherds' pie

€9.95 \*

## Beef lasagne

€9.95 \*

## Vegetable lasagne

Roast courgettes and peppers in a tomato-based sauce, mushroom & leek cream layered with pasta and topped with cheese

€9.95 \*

\* These items are served with 2 salads of your choosing

See board for today's soups, quiches & specials

