



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



jam

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

