

TASTE LUNCH

SMALL PLATES

TO START OR SHARE

CHICKEN WINGS WITH HOUSE MARINADES
Regular €13 Large €17

ASIAN *with Hoisin & lime.* (6, 7 WHEAT, 10, 11) (MILD)
LOUISIANA *with scotch bonnets.* (3 MILK, 9, 10) (MEDIUM-HOT)

SOUP & A CHOICE OF BREAD €8
Taste brown soda or sour dough. (3 MILK, 7 WHEAT, 8, 9, 10)

SIDES

FRIES (ON THE SKINNY SIDE)

HOUSE FRIES €6 (10)

LOADED €8

ROASTED GARLIC MAYO & PARMESAN FRIES
(1, 3 MILK, 10)

BLUE CHEESE SAUCE & SPRING ONION FRIES
(1, 3 MILK, 7 WHEAT, 8, 10)

LOUISIANA FRIES (3 MILK, 9, 10)

ROAST SWEET POTATO
WITH CASHEW CRUNCH OR PEANUT RAYÚ
(5 CASHEW, 6, 10, 11, 14 PEANUTS)

CHIP & DIP €8 (1, 3 MILK, 10)
DIPS: Roasted garlic, chipotle or blue cheese mayos

SIDE SALADS

BABY LEAF SALAD €6 (10)

TRIO OF SALADS €8

PICK ANY THREE SALADS FROM THE FOLLOWING:

PICO DE GALLO (10)

JALAPENO & PINEAPPLE (8, 10)

CARROT & ORANGE (6, 10, 11)

MADRAS CAULIFLOWER (10, 11)

BEETROOT SALAD (8, 10)

ASIAN SLAW (6, 10, 11)

MED VEG (10)

MOROCCAN COUS COUS (5 ALMOND, 7 WHEAT, 10, 11)

QUINOA & BROWN RICE (10)

GLUTEN FREE - WITH THE EXCEPTION OF MELTS
ANY OF OUR SANDWICHES, WRAPS OR BURGERS
CAN BE MADE GLUTEN FREE @0.50C

SANDWICHES & MELTS

INCLUDES A CHOICE OF SIDE (SEE SIDE OPTIONS)

OPEN CHICKEN CAESAR SANDWICH €16
*Ciabatta, cos, parmesan, sautéed chicken,
Caesar dressing.* (1, 2, 3 MILK, 7 WHEAT, 8, 10)

TASTE OPEN CLUB SANDWICH €17
*Foccacia, pesto, chicken breast,bacon, tomato, brie, soft fried
egg, baby leaf, lemon & basil mayo.* (1, 3 MILK, 5 ALMONDS, 7
WHEAT, 10)

OPEN GRILLED MEDITERRANEAN VEG. €16
*Ciabatta, hummus, rocket, goats cheese, basil pesto & grilled
Mediterranean veg.* (3 MILK, 5 ALMONDS, 7 WHEAT, 8, 10, 11)

BBQ PULLED PORK CIABATTA €17
*16 hour pulled pork on rustic ciabatta
with Asian slaw and chipotle mayo.* (1, 2, 6, 7 WHEAT, 8, 10, 11)

CHICKEN MELT €15
Roast chicken, sourdough, cheddar & mornay sauce.
(3 MILK, 7 WHEAT, 8, 10)

HAM, CHEESE, TOMATO & ONION MELT €15
*Baked Ham, sourdough, sliced tomato, onion,
cheddar & mornay sauce*
(3 MILK, 7 WHEAT, 8, 10)

WRAP IT UP

ALL SERVED WARM IN A TORTILLA WRAP. INCLUDES A CHOICE OF SIDE (SEE SIDE OPTIONS)

CHIPOTLE CHICKEN €17
*Sautéed chicken in our own chipotle marinade, topped with
Pico & guacamole.* (7 WHEAT, 10)

FALAFEL TORTILLA €16
Taste handmade falafel with hummus and Pico. Vegan.
(7 WHEAT, 10, 11)

CHILLI & LIME ROAST SALMON €17
Topped with Pico & peanut rayú.
(2, 6, 7 WHEAT, 10, 11, 14 PEANUT)

BBQ PULLED PORK €17
16 hour pulled pork, chipotle mayo & topped with Asian slaw.
(1, 2, 6, 7 WHEAT, 10, 11)

SIDE OPTIONS

CHOOSE FROM

FRIES, SWEET POTATO, SOUP, OR BABY LEAF SALAD

ADD FOR €3

ANY LOADED FRIES OR LOADED SWEET POTATO
OR TRIO OF SALADS

TASTE LUNCH

CLASSIC SALADS

TASTE CHICKEN CAESAR SALAD €18
Cos, caesar, tomato, croutons and parmesan.
(1, 2, 3 MILK, 7 WHEAT, 8, 10)

MEDITERRANEAN SALAD €17
*Mediterranean vegetables, tomatoes, goats cheese, hummus,
dressed leaves & ciabatta.* (3 MILK, 5 ALMONDS, 7 WHEAT, 8, 10, 11)

SALAD PLATES

MAIN PROTEIN SERVED ON A BED OF QUINOA & BROWN RICE

JAMAICAN JERK CHICKEN PLATE €18
*Jerk Thigh, Jalapeno Pineapple, Pico de Galo. Carrot & Orange
Salad; Pickled red onion, Ranch Dressing*
(1 EGG, 8 MUSTARD, 10, 11 SESAME)

DIABLO CHICKEN PLATE €18
*Chipotle, Pico, Guac, Madras Cauliflower,
Jalapeno pineapple salad, Peanut rayu*
(6, 8 MUSTARD, 10, 11 SESAME, 14 PEANUT)

MOROCCAN FALAFEL PLATE €17
*Falafels, Moroccan Cous Cous, Hummus, Med Veg,
Beetroot Salad, Tabini Dressing*
(5 ALMONDS, HAZELNUTS, 7 WHEAT, 10, 11 SESAME)

VEGAN POWER PLATE €17
*Cauliflower wings, Carrot & orange salad,
Cauliflower salad, Pico, Guac*
(8 MUSTARD, 11 SESAME)

ASIAN SALMON PLATE €18
*Salmon, Asian Slaw, Med Veg, Beetroot Salad,
Super seeds, Peanut Rayu, pickled red onion*
(2 FISH, 6 SOYA, 10, 11 SESAME, 14 PEANUT)

BURGERS

IRISH ANGUS BEEF, BRIOCHE BUN, BABY GEM TOMATO, BURGER SAUCE & FRIES

CLASSIC BEEF €17
Our basic burger as above. (1, 7 WHEAT, 8, 10)

DIABLO BURGER €19
with jalapenos, pico de gallo, fermented chilli & guacamole
(1, 3 MILK, 7 WHEAT, 8, 10)

TASTE SMOKED BACON BURGER €19
Smoked streaky bacon, French brie, hot honey
(1, 3MILK, 7 WHEAT, 10)

BEEF & BLUE CHEESE €19
with Portobello mushroom, blue cheese sauce & sauteed onions
(1, 3 MILK, 7 WHEAT, 8, 10)

SPECIALS

LOUISIANA CHICKEN BURGER €18
With Crispy spiced chicken fillet, Louisiana sauce.
(1, 3 MILK, 7 WHEAT, 9, 10)

GRILLED VEGAN BURGER €17
*Pea protein burger chargrilled with sautéed onion & roasted
mushroom. Toasted vegan brioche & vegan mayo.*
(7 (WHEAT-BRIOCHE), 10)

EXTRA TOPPINGS
ADD CHEESE, MUSHROOM, SAUTEED
ONIONS, FRIED EGG, STREAKY SMOKED
BACON €1.50 EACH

PASTA

OUR PASTA IS HANDMADE LINGUINE. WE ALSO OFFER A GLUTEN FREE TAGLIATELLE OPTION

CHICKEN & CHORIZO €18
Tomato, mushroom, rocket, peppers & parmesan.
(3 MILK, 7 WHEAT, 8, 9, 10)

SMOKED BACON
& ROASTED MUSHROOM CARBONARA €18
In a parmesan cream sauce. (3 MILK, 7 WHEAT, 10)

TIGER PRAWN LINGUINE €20
*Fresh handmade pasta in a citrus tomato sauce with fresh
lime, chilli & garlic. fresh coriander & grilled lime.*
(1, 4 CRUSTACEAN, 3 MILK, 7 WHEAT, 10)

VEGAN PASTA €16
*Roasted red peppers, capers, spinach, mushrooms & courgettes
in a tomato and basil ragu with fresh chillies* (7 WHEAT ,9, 10)

ADD GARLIC SOUR DOUGH BREAD €4.00 (3 MILK, 7, 10)

ANY OF OUR PASTA DISHES CAN BE ORDERED WITH
OUR GLUTEN FREE TAGLIATELLE €1.50

ALLERGEN KEY

PLEASE NOTE THAT WHILST WE TAKE EVERY CARE
WE WE CANNOT GUARANTEE THE ABSENCE OF AN
ALLERGEN FROM ANY DISH ORDERED.

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|---------------------------------|--------------------------------------|-------------------------------------|
| 1. Egg & Products thereof | 6. Soybeans & Products thereof | 10. Sulphites |
| 2. Fish & Products thereof | 7. Wheat (gluten) & Products thereof | 11. Sesame Seeds & Products thereof |
| 3. Dairy & Products thereof | 8. Mustard & Products thereof | 12. Lupin & Products thereof |
| 4. Shellfish & Products thereof | 9. Celery & Products thereof | 13. Molluscs & Products thereof |
| 5. Nuts & Products thereof | | 14. Peanuts & Products thereof |

Taste For You !

Breakfast, Lunch & Dinner



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