

The Pantry Cafe

Passionate about Food!

In The Soup

€4.75

Chef's Inspiration

See board for details - Coeliac Friendly

Fresh home-made Tomato & Basil (V)

*Soups served with your choice of Ciabatta Crusty Roll,
Home-made Brown Bread, Gluten Free Bap or Garlic Bread*

Pasta

Penne

€11.50

Irish Chicken, Crispy Bacon, Sunblushed Tomatoes in White Wine Sauce

Served with Garlic Bread

Smaller portion for €9.50

Grainne's Healthy Option Plate

Read blackboard or ask your server

Warm Salads

€12.00

Warm Oriental Chicken

Served on Baby Leaves, Beansprouts, Sun-blushed Tomatoes, Roasted Pepper, Red Onion and Pantry's Homemade Satay Sauce

Salmon Fishcakes

(Fresh Salmon, Local Herbs, Scallion Champ in a Light Golden Breadcrumb)
served with Thai Chilli Dressing & House Fries - Choose 2 Salads from our Deli Bar

Parmesan Chicken Goujons

with Pantry's Mango Chutney

(served with a Selection of Fresh Salads from our Deli Bar)

Quiche of the Day

(served with a Selection of Fresh Salads from our Deli Bar)

Cold Plates

€11.50

A Selection of Fresh Salads from The Deli Bar with a Choice of:

Roast Breast of Turkey with Fresh Herb Stuffing & Pantry's Spiced Cranberry Sauce

Crowe's Baked Ham with Pantry's Dijon Sauce

Daly's Smoked Salmon with Pantry's Dill & Lemon Dressing

Sides

Large Portion of House Fries with maldon sea salt flakes €4.35

Choice of 2 Salads from the Deli Bar €3.00

All Poultry is of Irish Origin - All Fish is from Daly's of Cahirciveen

All Cheeses are sourced from Irish Artisan producers

All Pork and Bacon is of Artisan Origin, 100% Natural, Crowe's Farm Dundrum, Co. Tipperary



The Hot Belly Experience

€6.50

All sandwiches are made to order and served warm on fresh ciabatta roll with Pantry's Dijon sauce

Add a Small Salad or House Fries for €8.50

Turkey:	Turkey Breast, Mature Cheddar, Fresh Stuffing & Pantry's Spiced Cranberry Sauce
Tuna Melt:	Tuna, Mature Cheddar, Red Onion & Mango Chutney
BBQ Chicken:	Roast Breast of Irish Chicken with Cooleeney Camembert Cheese & BBQ Sauce
The Italian Job:	Parma Ham, Peppered Salami, Mozzarella, Pantry Basil Pesto & Sun Blushed Tomato
Bacon & Egg Butty:	Back Bacon, Two Free Range Fried Egg cooked to your liking with House Relish
Veggie (V):	Roasted Vegetables, Sun Dried Tomato & Ardsallagh Goats Cheese
Classic Caesar Wrap:	Irish Chicken, Crispy Bacon, Cos & Pantry's Caesar Dressing
Gourmet Sambo	€9.95 Meat Salad Sandwich or Toastie or B.L.T All made on Quigley Fresh Loaf served with Cappuccino Cup of Soup & Hot Beverage of your choice

Juices

Morning Boost	Orange, Apple, Pineapple	€3.45
Bug Lightyear	Orange, Apple, Ginger, Lime	
Karmine Fresh Apple Juice		€2.50

Smoothies

€3.95

Strawberry Gold	Strawberry, Banana, Low-Fat Yogurt, Fresh OJ ...Tipperary Honey Option
Ruby Raspberry	Raspberry, Banana, Low-Fat Yogurt, Fresh OJ ...Tipperary Honey Option
Berry Fusion	Blackberry, Blueberry, Raspberry, Blackcurrant, Redcurrant, Strawberry, Banana, Fresh OJ & Natural Yogurt ...Tipperary Honey Option
Skinny Cow	Organic Yogurt, Muesli, Banana, Low Fat Milk & Tipperary Honey
Truly Scrumptous	Pineapple, Banana, Fresh OJ, Lime Juice, Low-Fat Yogurt ...Coconut Option

Coffees

Italian Espresso	<i>A short intensely flavoured coffee to kick-start a great day</i>	€2.40
Cappuccino	<i>A chance for your favourite barista to show off</i>	€2.70
Americano	<i>Linger over a longer lighter espresso</i>	€2.40
Caffe Mocha	<i>French chocolate conspires with Italian coffee to seduce your palate</i>	€2.85
Viennese Cappuccino	<i>We take the decadence of Caffe Mocha & cap it with cream</i>	€2.85
Caffe Latte	<i>An Irish Italian marriage made in heaven</i>	€2.70
Apres Ski (Hot Chocolate)	<i>A hot alpine chocolate, with a subtle hint of hazelnut</i>	€2.85

Teas

House Tea (Tea Bag)	€1.70
Speciality Teas (Loose Tea Leaves)	€2.30
Earl Grey Blue, China Yunnan Green, Butterfly Touch, Cherries in Rum, Zen-Zi, Breakfast Tea	