

# The Pantry Cafe

Passionate about Food!

## In The Soup

€4.90

### 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

€12.00

### Penne

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

*Served with Garlic Bread*

*Smaller portion for €10.00*

## 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

€12.00

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** €3.60

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

€6.80

*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 €9.00*

<b>Turkey:</b>	Turkey Breast, Mature Cheddar, Fresh Stuffing & Pantry's Spiced Cranberry Sauce	
<b>Tuna Melt:</b>	Tuna, Mature Cheddar, Red Onion & Mango Chutney	
<b>BBQ Chicken:</b>	Roast Breast of Irish Chicken with Cooleeney Camembert Cheese & BBQ Sauce	
<b>The Italian Job:</b>	Parma Ham, Peppered Salami, Mossarella, Pantry Basil Pesto & Sun Blushed Tomato	
<b>Bacon &amp; Egg Butty:</b>	Back Bacon, Two Free Range Fried Eggs, cooked to your liking with House Relish	
<b>Veggie (V):</b>	Roasted Vegetables, Sun Dried Tomato & Ardsallagh Goats Cheese	
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<b>Classic Caesar Wrap:</b>	Irish Chicken, Crispy Bacon, Cos & Pantry's Caesar Dressing	€6.80
<b>Gourmet Sambo:</b>	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	€10.00

## Juices

<b>Morning Boost</b>	Orange, Apple, Pineapple	€3.50
<b>Bug Lightyear</b>	Orange, Apple, Ginger, Lime	
<b>Karmine Fresh Apple Juice</b>		€2.50

## Smoothies

€3.95

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

## Coffees

<b>Italian Espresso</b>	A short intensely flavoured coffee to kick-start a great day	€2.40
<b>Cappuccino</b>	A chance for your favourite barista to show off	€2.70
<b>Americano</b>	Linger over a longer lighter espresso	€2.40
<b>Caffe Mocha</b>	French chocolate conspires with Italian coffee to seduce your palate	€2.90
<b>Viennese Cappuccino</b>	We take the decadence of Caffe Mocha & cap it with cream	€2.90
<b>Caffe Latte</b>	An Irish Italian marriage made in heaven	€2.70
<b>Apres Ski (Hot Chocolate)</b>	A hot alpine chocolate, with a subtle hint of hazelnut	€2.90

## Teas

House Tea (Tea Bag)	€1.90
Speciality Teas (Loose Tea Leaves)	€2.30
Earl Grey Blue, China Yunnan Green, Butterfly Touch, Cherries in Rum, Zen-Zi, Breakfast Tea	