



ABBEY  
COURT

## LUNCH MENU

SERVED 12 NOON - 5PM

### SALADS

#### CAESAR SALAD €12.00

baby gem lettuce, herb ciabatta croutons, warm Crowe's Farm streaky bacon, caesar dressing & Parmesan shaving (1,3,4,7,12)

#### ST. TOLA SALAD €13.00

Gold River Farm salad leaves, strawberries, candied pecans., golden beets, balsamic dressing & St. Tola goat cheese croute (1,7,8,10)

#### SUPERFOOD SALAD €13.00

Gold River Farm salad leaves, blueberries, curry spiced sweet potato, pomegranate seeds, toasted seeds, avocado & apple cider dressing (10)

#### LEBANESE GRILLED €14.00

#### HALLOUMI SALAD

Gold River Farm salad leaves, chickpea hummus, sun dried tomatoes, green olives & grilled halloumi on Syrian flat bread (1,7,11)

### SANDWICHES

#### TUSCAN €10.00

salami, plum tomato & fresh mozzarella on ciabatta (1,7,12)

#### CROWE'S FARM TURKEY BLT €10.00

turkey breast, rasher, lettuce, tomato & lemon herb mayo on ciabatta (1,3,12)

#### WILD ATLANTIC WAY €15.00

pink prawn & smoked salmon on wheaten loaf (1,2,3,4,7)

### TOASTIES

#### HAM & CHEESE €9.50

baked Limerick ham & Hegarty's cheddar in toasted pan loaf (1,7,12)

#### CUBAN €10.00

slow roasted pulled pork, nduja picante, pickle & smoked gubbeen cheese in toasted sourdough (1,7,12)

#### REUBEN €10.00

O'Connor's spiced beef, sauerkraut & Mossfield cheese in toasted sourdough (1,7,12)

#### MUSHROOM & PESTO €9.50

roasted flat cap mushrooms, baby spinach, pesto & scamorza cheese in toasted sourdough (1,7)

#### SOUP OF THE DAY €6.95

served with Abbey Court wheaten bread (7,9) (bread 1,7)

#### SEAFOOD CHOWDER €8.95

served with Abbey Court wheaten bread (2,4,7,9) (bread 1,7)

### A LITTLE EXTRA

add chips or cup of soup to any sandwich or salad (1) (oil) €2.00

portion of chips (1) (oil) €4.00

add chicken to any salad €3.00



## THE COFFEE DOCK

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### FRESHLY BAKED SCONES

plain scone	€3.95
golden raisin scone	€3.95
blueberry & fondant icing scone	€3.95
vegan wholemeal date & cinnamon scone	€3.95

### BREAKFAST PASTRIES

croissant	€3.50
pain au raisin	€3.50
pain au chocolat	€3.50
spiced banana & walnut muffin	€3.50
chocolate chip cookie	€3.00
mini doughnuts (4 for €3)	€1.00

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### COFFEE & TEAS

americano	8OZ	€3.40	pot of Barry's or Lyon's tea	€3.00
americano	12OZ	€3.90	Solaris organic teas	€3.60
flat white		€3.70	<b>EXTRAS</b>	
latte		€3.90	plant milk	0.60C
cappuccino		€3.90	espresso shot	0.60C
espresso		€3.20	monin syrup shot	0.60C
double espresso		€3.90		
mocha		€4.20		
hot chocolate		€4.20		

### ALLERGENS

1.cereals containing gluten 2. crustaceans 3. eggs 4. fish 5. peanuts 6. soybeans 7. milk 8. nuts 9.celery 10. mustard  
11. sesame seeds 12. sulphur dioxide & sulphites 13. lupin 14. molluscs