

# CAFE 31 LUNCH

## SMALL BITES

<b>HOMEMADE MINISTRONE</b>	6
<i>With toasted sourdough 1,8,14(wheat gluten,spelt,rye,barley,oats)</i>	
<b>BRUSCHETTA</b>	9
<i>Cherry tomatoes,garlic, basil,balsamic reduction sourdough toast 1,14(wheat gluten),10</i>	
<b>STICKY CHICKEN</b>	9
<i>Asian slaw, lime coconut yoghurt 3,2,14(wheat gluten),10</i>	
<b>CAESAR SALAD</b>	10
<i>Romaine lettuce,crispy bacon,pumpkin seeds sourdough croute, parmesan 1,5,11,14(wheat gluten),4</i>	
Add chicken	14.50
Add prawns	18.00
<b>STICKY CHICKEN SALAD</b>	14
<i>Asian slaw, chilli's,spring onion,cos,toasted cashew nuts,coconut ,&amp;lime yoghurt 2,14(wheat gluten),9,7(cashew nut)</i>	
<b>VEGAN FALAFEL SALAD</b>	14
<i>Chick pea salad, beetroot hummus, beetroot tomatoes ,onions, vegan sweet chilli mayo,pumpkin seeds,spiced almonds &amp; blueberries 14,9(wheat gluten),7(almonds)</i>	

## FLAT BREADS

<b>CHORIZO &amp; GOATS CHEESE</b>	12
<i>Marzano tomato sauce, sundried tomatoes,spiced almonds &amp;salad . 1,14(wheat)</i>	
<b>FALAFEL</b>	14
<i>Beetroot hummus ,confit red onion, red peppers,courgette,vegan sweet chilli mayo, salad. 1,14(wheat gluten),</i>	
<b>BBQ CHICKEN PIZZA</b>	16
<i>Bbq base, peppers, chicken , red onion,jalapenos, mozzarella ,scamorza 1,14(wheat gluten),</i>	

## SAMBOS/WRAPS

<b>CRISPY BUTTERMILK CHICKEN</b>	12
<i>In a wrap with franks hot sauce, cheddar,garlic mayo and cos 1,14(wheat)11,15</i>	
<b>GRILLED HALLOUMI</b>	12
<i>On granary bread with roast red peppers,tomatoes,courgette,black olives Cos,pesto mayo 1,(wheat gluten)14,9</i>	
<b>CHARGRILLED BEEF BURGER</b>	17
<i>Brioche bun , cheddar,bacon, tomatoes ,pickles,relish, salad ,garlic mayo, fries 1,14.(wheat gluten)10,11</i>	

## PASTA

<b>SPAGHETTI BOLOGNESE</b>	14
<i>angus beef,marzano tomatoes, oregano, basil,parmesan 1,11,14(wheat gluten),</i>	
<b>CARBONARA</b>	14
<i>White wine ,parmesan , smoked bacon &amp;garlic cream sauce 1,11,14(wheat gluten),</i>	
<b>LINGUINI PASTA</b>	14
<i>peas ,asparagus, broccoli, basil pesto, walnuts cashel blue cheese 1,11,14(wheat gluten),7(almonds)</i>	
<b>LASAGNE</b>	16
<i>Angus beef,marzano tomatoes,bechamel ,oregano basil &amp;parmesan with chips or salad 1,11,14(wheat gluten),</i>	

## SIDES

<i>Garlic bread,(€3) Cheesy Garlic bread(€4) chips,broccoli,spinach, cheese,asparagus,baby potatoes, tomato parmesan salad,sautee mushrooms/onions,pea puree, grilled chicken,(€4.50) sweet potato fries(€5) Prawns €8</i>
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## ALLERGENS

milk 1,soya 2,sesame 3,crustacean 4,fish 5,peanuts  
6, nuts 7,celery 8,mustard 9,sulphites 10  
eggs11,lupins 12,molluscs 13,cereals 14,

Our beef is Irish