

CAFE 31 LUNCH

SMALL BITES

HOMEMADE MINISTRONE	6
<i>With toasted sourdough 1,8,14(wheat gluten,spelt,rye,barley,oats)</i>	
BRUSCHETTA	9
<i>Cherry tomatoes,garlic, basil,balsamic reduction sourdough toast 1,14(wheat gluten),10</i>	
CHICKEN WINGS	
STARTER	9.95
MAIN COURSE	15.95
<i>With korean sticky sauce fresh chilli, spring onions & garlic mayo OR Louisiana hot sauce celery & blue cheese dip. 2,3,1,14(wheat gluten),9,10,11</i>	
CAESAR SALAD	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
VEGAN FALAFEL SALAD	14
<i>Chick pea salad, beetroot hummus, beetroot tomatoes ,onions, vegan sweet chilli mayo,pumpkin seeds,spiced almonds & blueberries 14,9(wheat gluten),7(almonds)</i>	

FLAT BREADS

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

SAMBOS/WRAPS

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

PASTA

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