

UNCH MENU



Lite Bites and Sandu	viches
90up of the day	€6.00

Served with homemade brown bread (10)

Soup of the day and build your own sandwich (1,10,6)

Garlic BreadAdd cheese (1,3,9) €1.00

Chicken wings

Served with a blue cheese dip and celery sticks (1,3,10,13)

Ham and Cheege Toagrie €9.50

Ham and cheese toasted in white/brown slice bread served with chips (1,6,9)
(Bagel/wrap option available)

Chicken Panini €10.50

Chicken, pesto and cheese served with chips and salad (1,7,8)

Ham and Cheege Panini €10.50

Served with chips and salad (1)

The 5hire Toasted 5pecial €11.90

Ham, cheese, tomato and onion served with chips (1,6,9) (Bagel/wrap option available)

Toasted Breaded Chicken Goujon Wrap €11.90

With lettuce and spicy mayo served with chips (1,3,9)

Chicken 5alad €10.50

Served with tomato, onion, lettuce, peppers and dressing (11)(GF)

Main5

€10.90

€7.50

The 5hire Burger €14.90 With lettuce, tomato, onion served on a brioche bun (1,3,11,13) Add cheese (9) €1.00 Add egg (3) €1.50 Chicken Burger €14.90 A lightly spiced chicken breast with lettuce, tomato and onion served on a brioche bun (1,3,9) Add cheese (9) €1.00 €1.50 Add egg (3) Chicken and Chorizo Pasta €14.90 Pasta in a creamy sauce served with garlic bread (1,3,9) Cottage Pie €14.90

Vegetarian and Vegan Options

side salad & chips (6,9,11,13)

Steak mince served with creamy mashed potato,

Chick Pea Curry (V) (VG) €13.00

With mixed vegetables in a tomato base sauce served with rice

Add Chicken €3.00

Falafel Burger (VG ex bun) €14.90

Falafel burger with lettuce, tomato and red onion served with on a brioche bun (1)

Goar Cheese Salad €13.50

Warm grilled goats cheese served on a seasonal salad (9)

5moothie5

The Berry Blast	€6.00
Mixed berries, apple juice, frozen yogurt and honey (9)	
The Thire Imoothie	€6.00
Bananas, strawberries, apple juice and frozen yogurt (9)	

desserts and Sweet Treats

dessert of the day	€7.50
American 5 tyle Pancakes Served with maple syrup, Nutella, fruit or cream (V) (1,3,9)	€6.90
Waffle5 Served with maple syrup, Nutella, fruit or cream (1,3,9)	€6.90
Warm Apple Pie with Ice Cream [1,3,8,9]	€7.50
Warm Chocolate Brownie with Ice Cream	€7.50

(1,3,8,9)

IF ANY ALLERGIES / DIETARY REQUIREMENTS PLEASE ASK SERVER

(C) Coeliac Dish can be adaptable to Coeliacs (V) Vegetarian (VG) Vegan