



# LUNCH MENU

SERVED FROM  
12 P M - 3 P M



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# MENU

## B I A C H L Á R

### LIGHT BITES

#### HOMEMADE SOUP OF THE DAY

homemade Guinness  
& treacle mini loaf

*contains wheat, oats, celery, milk,  
lupin, mustard, sulphites, egg*

€7.00

#### CHICKEN CAESAR SALAD

chargrilled chicken, serrano ham,  
parmesan shavings, croutons,  
walnuts, caesar dressing

*contains milk, walnuts, wheat, egg, celery, fish*

€12.00

#### PIZZA BITES

golden deep fried pizza balls,  
cheese sauce, marinara  
dipping sauce

*contains wheat, celery, milk, sulphites, lupin*

€10.00

#### SOUP & SANDWICH

soup of the day and a sandwich  
with a choice of fillings

*contains wheat, oats, celery, milk,  
lupin, mustard, sulphites, eggs*

€12.00

#### CRISPY BAO BUNS

slow cooked pork, siracha,  
pickled slaw, honey & lime  
mayo, coriander

*contains wheat, milk, soya,  
eggs, mustard, sulphites*

€12.00

#### FISH TACOS

soft shell tacos filled with lightly  
battered strips of our fish of the  
day, pickled red cabbage, kiwi  
salsa, jalapenos, lime mayo.

fresh coriander

*contains wheat, fish, soya, sulphites*

€14.00

### SANDWICHES

#### PHILLY CHEESE STEAK

slow cooked beef, sauteed onion,  
mozzarella cheese, toasted  
sourdough

*contains wheat, milk, mustard,  
sulphites, sesame, soya*

€14.00

#### FITZWILTON TUNA MELT

open toasted sourdough,  
tuna mayo mix with capers,  
red onion, celery & jalapeno  
topped with mozzarella

*contains wheat, milk, mustard,  
sulphites, sesame, soya*

€13.00

#### FITZWILTON GRILLED CHEESE

sriracha & three cheese mix,  
spring onion, toasted sourdough,  
hot honey, sesame seeds

*contains wheat, milk, mustard,  
sulphites, sesame, soya*

€11.00

### BIGGER BOWLS

#### CHICKEN CURRY NOODLE BOWL

marinated chicken, noodles,  
stir fry vegetables, house  
curry sauce, fresh coriander

*contains egg, milk, lupin, sulphites, wheat*

€13.00

#### FALAFEL BOWL

homemade falafel,  
red pepper hummus,  
radish, red onion,  
cous cous

*contains celery, sulphites, sesame, wheat*

€12.00

#### CHICKEN SHAWARMA

marinated chicken strips, rice,  
diced cucumber, peppers,  
tomato, red onion, feta, coriander,  
hummus, yoghurt & dill dressing

*contains celery, sulphites, sesame, wheat*

€13.00

Many of our dishes can be made gluten free- please ask your server for details

all our beef is 100% Irish