

SOURDOUGH MELTS (Organic Sourdough & Keogh's Crinkle Crisps)

ROSEMARY BAKED HAM

ham & cheeses, mustard mayo or red onion jam

1a, 3, 7, 12 €9.90

PICNIC CLUB

chicken, crispy bacon, smokey mayo, relish & cheeses

1a, 3, 7, 12 €10.90

CAJUN CHICKEN

chicken, cajun mayo, red onion, cheeses & jalapeños

1a, 3, 7 €10.50

WICKLOW BRIE

roast chicken, smoked mayo, melted brie, basil pesto or red onion jam

1a, 3, 7 €10.90

TUNA MELT

lemon spiced mayo, tuna, chickpeas, red onion & cheeses

4 €10.50

CHARGRILLED VEG

grilled courgette, roasted red reppers, spicy mayo, pesto & melted brie

V €9.50

DIPS

smoked onion mayo / spicy mayo / tomato & chilli relish

€1

SANDWICHES ON GRANARY & WRAPS

CAESAR

chicken, crispy bacon, gem leaves, sourdough croutons & parmesan (also available as a bowl)

1a, 3, 4, 7 €9

STUFFED CHICKEN

chicken, house stuffing & smoked onion mayo

1a, 3, 7 €8.50

CRUNCHY CAJUN

cajun chicken, red onion, grated carrot, celery & leaves

1a, 3, 7 €9

TUNA

tuna, spicy mayo, lemon chickpeas, crunchy celery & carrot, leaves

4 €8.50

CHICKPEA & CHARRED VEG

chargrilled courgette, red peppers, pesto marinated chickpeas & spiced mayo

V **AVG** €8.50

CAESAR SALAD BOWL

chicken, crispy bacon, gem, croutons,
parmesan & homemade sourdough & caesar dressing

1a, 3, 4, 7 €9

PICNIC BRUNCH DEAL

any granary sandwich or wrap, keogh's crisps & any coffee, tea or soup

€11.50

MINI LUNCH DEAL

half size signature wrap, keogh's crisps & soup

€ 8.50

MORNINGS @ PICNIC

organic pastries & scones, energy balls, health bars, sausage rolls & granola bowls

SMOOTHIES

mango mayhem berry blast strawberry & banana green reviver

chunky monkey: banana, honey, milk & peanut butter (oat/coconut milk alternative €1)

5, 7 €5

ALLERGEN LIST

1. cereals containing gluten (a: wheat, b: rye, c: barely, d: oats) 2. crustacean 3. eggs 4. fish 5. peanuts 6. soybeans 7. milk
8. nuts (a: almonds, b: hazelnuts, c: walnuts, d: cashews, e: brazil nuts, f: pecan, g: pistachio nuts, h: macadamia)
9. celery 10. mustard 11. sesame seeds 12. sulphur dioxide & sulphates 13. lupin 14. molluscs



vegetarian



available as vegan

**please note our premises is not exclusively gluten free & therefore our products may not be suitable for coeliacs
gluten free melts & sandwiches - add €1**

PICNIC