


EXPRESS LUNCH MENU

	STARTER	MAIN
PLAZA SALAD (V,C)	€8.50	€10.90
Crisp baby gem lettuce, quinoa, broccoli, Pumpkin seeds, spinach, cucumber and balsamic dressing		
WARM CHICKEN AND BACON SALAD (C)	€9.90	€12.90
Crispy baby gem lettuce, chicken, bacon, quinoa, broccoli, Pumpkin seeds, spinach, cucumber and balsamic dressing		
SOUP & SAMBO COMBO (C)	€8.90	
SOUP & TOASTED SAMBO COMBO (C)	€9.50	
Homemade soup of the day with sandwich Choose from chicken, cheese, salad, ham or tuna		
CHOWDER & SAMBO COMBO (C)	€10.90	
CHOWDER & TOASTED SAMBO COMBO (C)	€11.50	
Creamy Atlantic Seafood Chowder with sandwich Choose from chicken, cheese, salad, ham or tuna Sandwich		
HOUSE DRY RUB CHICKEN WINGS (C)	€7.50	€12.50
Jalapeño relish and homemade cabbage slaw		
CAJUN CHICKEN WRAP	€8.90	
Slices of cajun spiced chicken with sweet roasted pepper mayonnaise		
MEDITERRANEAN FLAT BREAD (V)	€8.50	
Falafel, red pepper hummus, yoghurt dressing & salad Add spiced lamb kofta meatballs €3		
CLASSIC PANINI	€8.90	
Ham, smoked cheese and tomato relish in a warmed panini		
HOUSE INDIAN CHICKEN CURRY (MEDIUM) (C)		€13.50
Chicken pieces, cooked with Indian spices, tomatoes, peppers and onion. Finished with fresh coriander & almonds. Served with brown rice & naan bread		



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