



ARDCARNE GARDEN CAFE

FRESH, LOCAL, HOMEMADE







BREAKFAST OR BRUNCH?

POACHED EGGS (W.P.N.E.)

Toasted Sourdough bread, fresh basil pesto and 2 poached eggs topped with locally sourced back bacon. Available G.F.

SCRAMBLED EGGS (W.E.F.M.)

Toasted Sourdough bread topped with scrambled eggs, served with Irish smoked salmon. Available G.F.

TOASTED BAGELS (W.M.F.)

Choose from

- Bacon & Cream Cheese
- Salmon, cream cheese, red onion & capers.

GIANT SAUSAGE ROLL (W.M.E.)

Locally sourced fresh pork, fresh apple, oregano and onion wrapped in a crisp puff pastry and topped with poppy seeds.

SOUP OF THE DAY (CE.)

Please see specials board. Served with our delicious homemade brown soda bread.

ALL OF OUR SOUPS ARE VEGAN AND GLUTEN FREE.

A MORE SUBSTANTIAL LUNCH

All of our lunches are served with OUR RANGE OF LOCAL SALADS

BEEF LASAGNE (W.E.M.)

A well known favourite made with locally sourced minced rib steak.

HOMEMADE QUICHES (W.M.E.F.)

Choose from ...

- Goats Cheese & Roast Peppers.
- Bacon, Cheddar, Tomato & Onion.
- Smoked Salmon, Asparagus & Capers.

STUFFED ROAST PEPPERS (VEG) (N.P.M.)

Quinoa, sundried tomatoes, kalimatta olives, roast sweet potato, spinach, feta and pesto.

VEGAN LOAF (V)

Roast root vegetables, onion, chickpeas & nutritional yeast cooked with garlic, soy sauce and Worcestershire sauce.

CAPRESE CHICKEN MELT (W.P.N.M.)

Toasted sourdough topped with fresh pesto, crisp apple slices, roast chicken, melted brie and pesto drizzle. Available G.F.







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A LIGHTER BITE

CIABATTA, WRAP OR OPEN SANDWICHES. AVAILABLE G.F.

MEDITERRANEAN CHICKEN CIABATTA (W.P.N.M.)

Pesto, Roast Chicken, Olives, Feta. Mixed Roast Peppers.

FALAFEL & HUMMUS WRAP (V) (W.SS.)

Hummus, Harissa, Spinach, Carrot, Sesame seeds and Mediterranean Falafel.

SMOKED SALMON OPEN SANDWICH (W.E.F.)

Homemade brown soda bread topped with lemon mayonnaise, red onion, Irish smoked salmon & capers.

CHICKEN OPEN SANDWICH (W.E.)

Homemade brown soda bread topped with lemon mayonnaise, roast mixed peppers and sliced roast chicken.

KID'S HAM/CHEESE CIABATTA (W.M.)

Toasted Ciabatta with cheddar, mozzarella and cooked ham, served without salads.

ALL OF OUR SANDWICHES AND WRAPS ARE SERVED WITH THE FULL RANGE OF OUR SALADS. (MD.)



ALL OF OUR CAKES ARE FRESHLY BAKED IN-HOUSE

Pear & Almond Scones (W.M.E.)

Raspberry & White Choc. Muffins (W.)

Carrot Cake (W.E.)

Coffee & Walnut Cake (W.E.N.)

Apple Tart (W.E.)

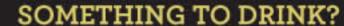
Pear & Almond Tart (W.E.N.)

Cheesecake (W.M.)

Gluten free Chocolate Brownies (E.)

Gluten free Orange Cake (E.)

Rocky Road Slice



Pot of Tea£2.50	Iced Latte €3.95
Herbal Tea €2.95	Turmeric Latte €3.95
Americano€3.25	Matcha Latte €3.95
Espresso€3.00	Cappuccino €3.25
Double Espresso €3.50	Mocha €3.50
Latte€3.75	Hot Chocolate €3.50
	Babycino €1.50

