



# 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.)**

### SWEET TREATS

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

### SOMETHING TO DRINK?

Pot of Tea.....€2.50

Herbal Tea.....€2.95

Americano.....€3.25

Espresso .....€3.00

Double Espresso...€3.50

Latte .....€3.75

Iced Latte ..... €3.95

Turmeric Latte ..... €3.95

Matcha Latte ..... €3.95

Cappuccino ..... €3.25

Mocha ..... €3.50

Hot Chocolate..... €3.50

Babycino..... €1.50