



A sample of Some of our daily buffet dishes served on a rotating basis always three per day

List is not exhaustive, served with rice potatoes salad or vegetables

Lasagne al Forno — € 15.50

A classic Italian favourite, layered with rich beef ragù, silky béchamel, and fresh pasta sheets, slow-baked to a golden, bubbling finish. Served with a side of dressed leaves for a perfectly balanced plate. **Allergens:** gluten (wheat), dairy, eggs, celery (in ragù) **Calories:** 850 kcal

Meatballs Pomodoro — €15.50

Hand-rolled Irish beef and pork meatballs simmered in a slow-cooked tomato and basil pomodoro sauce, finished with parmesan and fresh herbs. Served with your choice of pasta, rice, or vegetables

Allergens: dairy (parmesan), eggs (in meatballs), gluten (if served with pasta), sulphites (in some tomato products) **Calories:** 725 kcal

Crispy Pork Belly Ribs with Smoked BBQ Sauce — €15.50

Slow-cooked pork belly ribs finished to a crisp, caramelised exterior, served with our house-smoked BBQ sauce, **Allergens:** sulphites (in BBQ sauce), mustard (in some BBQ sauces), celery (possible in stock), gluten (only if sauce thickened with flour — check supplier) **Calories:** 785 kcal

Braised Pork Belly with Onion, Mushroom & Red Wine Gravy — €15.50

Slow-braised Irish pork belly, cooked until tender and richly caramelised, served with a deep, savoury gravy made from sautéed onions, mushrooms, herbs, and red wine. Comforting, indulgent, and full of slow-cooked flavour — perfect with mash, roast potatoes, or seasonal greens.

Allergens: sulphites (red wine), celery (stock), dairy (if mash or gravy enriched with butter), gluten (only if gravy thickened with flour — check preparation) **Calories:** 785 kcal

Chilli Beef Burrito — €15.50

A warm flour tortilla filled with slow-cooked chilli beef, Mexican-spiced rice, mixed peppers, cheddar cheese, and fresh salsa, wrapped and toasted for a perfect balance of heat, richness, and freshness.

A hearty, flavour-packed lunch favourite.

Allergens: gluten (wheat tortilla), dairy (cheddar), sulphites (in some chilli bases), celery (possible in stock), mustard (possible in seasoning blends) **Calories:** 925 kcal

Calorie calculations based on 280 gm portions



A sample of Some of our daily buffet dishes served on a rotating basis always three per day

List is not exhaustive, served with rice potatoes salad or vegetables

Chicken Milano — €15.50

Pan-seared chicken breast tossed in a rich sun-dried tomato and parmesan cream sauce with garlic, basil, and a touch of white wine. Served with pasta or steamed rice for a comforting, indulgent classic with real depth of flavour.

Allergens: dairy (cream, parmesan), gluten (if served with pasta), sulphites (white wine), celery (possible in stock), eggs (if pasta contains egg) **Calories:** 1050 kcal

Beef Korma — €15.50

Tender Irish beef simmered in a mild, creamy korma sauce enriched with coconut, toasted spices, and a hint of almond. Finished with fresh coriander and served with steamed rice for a comforting, aromatic dish that's full of warmth without the heat.

Allergens: dairy (cream or yogurt), nuts (almond), sulphites (possible in stock or paste), celery (possible in stock) **Calories:** 1100 kcal

Chicken Kiev — €15.50

Crispy, golden-fried chicken breast filled with garlic and herb butter that melts into a rich, aromatic centre. Served with your choice of potatoes, vegetables, or salad for a comforting, indulgent classic.

Allergens: gluten (wheat breadcrumbs), dairy (butter), eggs (coating), sulphites (possible in seasoning), celery (possible in stock or seasoning) **Calories:** 900 kcal

Katsu Chicken Curry — €15.50

Crispy panko-crumbed chicken breast served with a smooth, mildly spiced Japanese-style curry sauce, steamed rice, and a fresh pickled slaw. A comforting favourite with the perfect balance of crunch, warmth, and sweetness.

Allergens: gluten (wheat panko), eggs (coating), dairy (possible in sauce), soy (in curry base), mustard (possible in seasoning), sulphites (possible in sauce) **Calories:** 1100 kcal

Calorie calculations based on 280 gm portions