



## Lunch

### **GOURMET SANDWICHES....**

**Artisan produced Brown** G, S, **White** G, S, **Granary Bread** G, SS **OR**

**Wrap - Wholemeal/Spinach/Tomato/Plain** G

**Kennedys' Brown** G, D **and Gluten Free Bread** \*D, E, S **available for Open Sandwiches €6.50**

**Roast Chicken** - Fresh Irish Chicken, Sage Mayonnaise, Stuffing & Baby Leaves G, S, E, D, SS €5.95

**Turkey Feta** - Turkey, Feta Cheese, Tomato, Rocket, Caramelised Red Onion & Sumac Yoghurt D, SD €6.50

**Kennedy's Ham** - Craft Smoked Ham, Swiss Cheese, Baby Leaves, Tomato, Mayo & Kennedy's Sweet Chilli Tomato Relish E, D, SD €5.95

**Veggie Feast** - Buffalo Mozzarella, Spicy Roast Carrot Hummus, Herby Lemon Cous Cous, Sunblush Tomato & Baby Leaves C, G, D €5.95

**New Yorker** - Pastrami, Gherkin, Sauerkraut, Vintage Cheddar Cheese, Rocket & Mustard Mayo E, D, SD, M €6.50

**BLT Twist** - Maple Cured Bacon, Avocado, Tomato, Sumac Mayo & Baby Leaves E €6.50

**Nutty Goat** – Honeyed Goats Cheese, Roast Walnut, Basil Pesto, Tomato & Spinach D, N €5.95

**\*\*Soup & Fresh Sandwich Special only €8.95\*\***

### **TOASTED CIABATTAS** G, S **€6.75**

**The Kennedy's Club** – Roast Turkey, Streaky Bacon, Fresh Tomato, Brie Cheese, Baby Leaves, Kennedy's Tomato Relish & Herb Mayo E, D, SD

**Sundried Tomato Chicken** – Fresh Irish Chicken, Provolone Cheese, Sundried Tomato, Basil Pesto, Red Onion & Mayo E, D, N

**Super Vegan** – Avocado, Sauerkraut, Sweet Chilli Tomato Relish, Beetroot Hummus & Spinach

**Italian Ham** – Craft Smoked Ham, Buffalo Mozzarella, Homemade Basil Pesto, Tomato & Baby Leaf Spinach D, N

**Pastrami Melt** – Sliced Premium Pastrami, Gherkin, Caramelised Onion, Cheddar Cheese & Rocket D, SD

**\*\*Soup & Toasted Ciabatta Special only €9.95\*\***

**Children's 1 Filling Sandwiches & Ciabatta's Available for €2.95/€3.95**

**SOUP - Prepared Daily - Gluten Free** (Please check allergens with waitress as soup varies daily)

Today's Homemade Soup with Kennedy's Brown Bread €4.75

No need for bread? Today's Homemade Soup €3.75

\*Our Gluten Free Bread is made with Gluten Free Oats, some coeliacs maybe sensitive to these oats. If you'd like to discuss, please speak to the manager

\*\*We only use free range eggs and fresh dairy in our cooking. Our salads are made with Extra Virgin Olive Oil. All of our food is prepared fresh on this premises.

ALLERGENS: C-CELERY, G-GLUTEN, S-SOYA, E-EGG, F-FISH, L-LUPIN, D-MILK DAIRY, SD-SULPHUR DIOXIDE, M-MUSTARD, N-NUTS, P-PEANUTS, SS-SESAME SEED, CR-CRUSTACEANS, ML-MOLLUSC



## ***SALADS – Freshly Prepared Healthy Salads***

**Chicken Avocado** – Irish Chicken, Avocado, Fresh Baby Leaves, Feta Cheese, Cherry Tomatoes, Fresh Baby Leaves & Sumac Yoghurt Dressing **€8.50**

**Vegan Buddha Bowl** – Sprouted Mung Beans & Lentils, Spiced Carrot Hummus, Lemon Herb Cous Cous, Grilled Baby Broccoli, Avocado, Baby Spinach & Kennedy's House Dressing **€8.50**  
(Add: Fresh Chicken/Roast Turkey/Craft Smoked Ham €1.25)

**Speed Food Chicken** – Irish Chicken, Broccoli Florets, Brown Rice, Toasted Pumpkin & Sunflower Seeds, Sunblush Tomatoes, Baby Leaf Spinach & Avocado Lime Dressing **€8.50**

**Halloumi & Beetroot** – Grilled Halloumi Cheese, Beetroot Hummus, Toasted Cashew Nuts, Roast Butternut Squash, Rocket, Baby Leaves & Lemon Garlic Vinegarette **€7.95**  
(Add: Fresh Chicken/Roast Turkey/Craft Smoked Ham €1.25)

**Goats Cheese Walnut** – Honeyed Goats Cheese & Walnut, Roast Carrot Hummus, Lemon Herb Cous Cous, Sliced Fresh Tomato, Rocket & Kennedy's House Dressing **€7.95**  
(Add: Fresh Chicken/Roast Turkey/Craft Smoked Ham €1.25)

### **Add:**

A tasty portion of Kennedy's Brown Bread (2 Slices) **€2.00**

**\*\*Soup & Salad Special for €11.50 (no bread)\*\***

## ***COFFEES & TEAS***

**Our Coffee is ORGANIC, FAIRTRADE & RAINFOREST ALLIANCE certified**

Espresso (Single)	€1.50
Americano	€2.50
Flat White	€3.00
Cappuccino/Latte/Mocha	€2.80/€3.00
Almond Milk Latte/Cap/Mocha	€3.10/€3.40
Coconut Milk Latte/Cap/Mocha	€3.20/€3.40
Soya Latte/Capp/Mocha	€3.20/€3.40
White Coffee	€2.50
Hot Chocolate	€2.80

Tea **€2.00**

**Galway Blended ORGANIC Loose Leaf**

**Tea Infusions** **€3.00**

Organic Gunpowder Green Tea

Organic Peppermint Delight Digest

Organic Rooibos Cacao Chai

Organic Berry Bliss Fruit

Organic Premium Earl Grey

Organic Assam Decaf Breakfast

## ***COLD DRINKS***

Connolly's Pink/Cloudy Lemonade **€3.00**

Organic Elderflower Pressé **€3.00**

Freshly Squeezed Orange Juice **€3.00**

Fentiman's Ginger Beer **€3.00**

Italian Still/Sparkling Water **€2.00**

Connolly's Irish Apple Juice **€3.00**

San Pelligrino Orange/Lemon **€2.20**

Irish Wild Orchard Smoothie **€2.85**

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*Kennedy's*  
*food store*

CocaCola/Diet Coke/Sprite

€2.25

Sisu Cold Pressed Veg Juice

€3.25

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