



HEALTHY OPTIONS

BREAKFAST

Warm Cajun Chicken, Fresh Avocado & poached Eggs

Served with Crisp Salad or Healthy Homemade Brown Bread

Tea/Coffee

€ 9.95 (*E,G,Su*)

Homemade Granola

With Honeyed Oats, Toasted Seeds & Nuts, Dried Fruits, served with a Selection of Fresh Berries & Yoghurt

€ 6.50 (*Se*)

LUNCH

Old Barracks Superfood Salad

Fresh Salad of Local Leaves, Avocado, Beetroot & Sundried Tomatoes

With Crumbled Feta, Toasted Almonds, Mixed Seeds & a Side of

Homemade Brown Bread

€ 9.95 (*Nu,Su,Se*)

(Add Chicken € 1.50)

Roast Fillet of Salmon

Fillet of Salmon on a sauté of baby Potatoes, diced Chorizo, garden

Peas, baby Spinach, fresh Lemon & Herb Oil

€ 12.50 (*E,G,Se,Su*)