OSPREY **LUNCHMENU** Served From 12pm - 3pm

HOTEL

Soup of the Day 7.50 Warm Thai Beef Salad 12.50 Served with a selection of bread rolls Wok fried greens, bean sprouts, toasted cashew 1.7.9.12 nuts 6,8,11 **Freshly Prepared Toasted Sandwiches &** Chicken Caesar Salad 11.00 **Open Sandwiches** Crispy chicken tenders, smoked bacon lardons, herb croutons, parmesan shavings 1,3,7 All of the below are served with French fries 11.50 Spiced pear and falafel salad Crispy Chicken Wrap Toasted seeds, crisp lettuce, roasted bell pepper, 15.00 Chicken tenders, lettuce, tomato, red onion, pomegranate, blood orange dressing, five spiced yogurt 7 cheddar cheese, sweet chilli sauce 1,3,7,9,12 **Lunchtime Specials** 12.50 **Toasted Special** 18.00 **Buttered Chicken Curry** Ham, mature cheddar cheese, tomato and red Tender pieces of chicken served in our house onion 1.7.12 special butter curry sauce, poppadum, basmati rice, mango chutney 1,7 Chicken & Bacon Club Ciabatta 15.00 Gem lettuce, beef tomato, cracked black Vegan Chickpea and Potato Curry 15.00 peppercorn, mayo 1,3,7,12 Masala sauce, herb spiced basmati rice 1 17.00 18.00 Duo of Seafood Open Sandwich **Osprey Jack Burger** Smoked salmon, marinated prawns, pickled Monterey Jack cheese, cinnamon bacon, vegetable and marie rose dressing 1,3,7 pickled cucumber, beef tomato, gem lettuce, burger sauce, crispy onion rings, spiced paprika fries, smoked ketchup 11.50 Crispy Falafel Wrap 1,3,7,9,12 Vegan mayo, crisp salad 1,7,9,12 18.00 Mexican Style Chicken Burger **House Salads** Tomato salsa, guacamole, sour cream, nachos, watercress. Served with paprika fries. 11.50 Avocado and Mango Salad Traditional Craft Ale Battered Healthy salad bowl - avocado purée, diced 18.50 mango, quinoa, walnuts, pomegranate and Fish & Chips balsamic dressing 1,8 Curry Sauce, lemon wedge 1,3,4,9,12 Add Crispy Chicken €4.50 Add Marina Prawns €4.50 - -

Sides	(00
Chips	4.00
Paprika Spiced Fries	4.00
Basmati Rice	4.00
Cheesy Mash	4.00

1 Cereals containing gluten, *wheat, **rye, ***barley, ****oats 2. Crustaceans 3. Egg, 4. Fish, 5. Peanuts, 6. Soybeans, 7. Milk, 8. Nuts, *walnut, **hazel, ***pistachio, 9. Celery, 10. Mustard, 11. Sesame seeds, 12. Sulphur dioxide and sulphites, 13. Lupin, 14. Molluscs.



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