



## Lunch Menu(12-5pm Mon-Fri/12-4pm Sat)

### Gourmet Sandwiches

**Toasted BLT** €10

Grilled tomato - crispy bacon - baby gem - honey mustard mayonnaise (1,3,6,9,11,13)

**Spicy Hot Chicken Wrap** €10

Sous vide chicken pieces - roast Mediterranean vegetables - spiced dressing - leaves - toasted wrap (1,3,6,9,10,13)

**BBQ Pulled Pork Wrap** €10

Honey roasted pork in a sticky BBQ sauce - baby gem lettuce - crisp onion - toasted wrap (1,3,6,9,10,11)

**Toasted Caprese Ciabatta** €10

Grilled beef tomato - buffalo mozzarella - basil mayonnaise (1,3,6,11,13)

**Open Smoked Salmon on Brown** €11.50

Lemon and chive cream cheese - red onion - baby capers - lemon (1,3,6,9,11)

*Add a small cup of Soup to your Sandwich (not sold separately) €2.50*

*Add a small cup of Chowder to your sandwich (not sold separately) €5.00*

### Starters

**Soup of the Day** €6.00

Served with Homemade Brown Soda Bread (1,6,8,9,10,11,13)

**Seafood Chowder** €8.50

Selection of Fresh and Smoked Fish - Bantry Bay Mussels - Herb Cream Sauce (1,2,4,5,6,9,10,13)

**Spicy Chicken Wings** €9.00

Celery Sticks - Homemade Blue Cheese Dressing (1,3,6,10,11,13)

**Classic Caesar Salad** €8.00

Smoked Bacon - Torn Croutons - Fresh Parmesan - Classic Caesar Dressing (1,3,6,9,10,11,13)

**Add Chargrilled Chicken** €2.00

### Mains

**Beer Battered Fish & Chips** €17.00

In a Crispy Beer Batter with Hand Cut Chunky Chips - Tartar Sauce - Mushy Peas (1,3,4,6,9,10,13)

**Thai Green Chicken Curry** €16.00

Chicken Breast - Mediterranean Vegetables - Chili & Coconut Thai Green Sauce - Basmati Rice(1,2,6,9,10,11)

**The Leap Burger** €16.50

Beef Burger - Smoked Bacon - Dubliner Cheddar - Ballymaloe Relish (1,3,6,9,11,13)

**The Leap Steak Sandwich** €16.00

6oz Striploin Steak - Villa Manodori Dressed Salad - Crispy Onions - Blue Cheese Dip - 3 Pepper Cream - Toasted Garlic Ciabatta (1,3,6,9,10,13)

**Roasted Pumpkin & Feta Cheese Salad** €12.00

Cherry Tomato - Chickpeas - Roasted Beetroot - Pomegranate - Orange Dressing (6,8,11)