

LENNONS

@VISUAL

Lunch Menu

Daily Specials

See Our Blackboard

Lennons' Favourites

Ploughman's board – Honey roast ham and Coolattin cheddar served with pickled onions, apricot chutney and crusty bread	€9.00
Free-range chicken liver pate, Cumberland sauce, mixed leaves & toast	€8.00

Open Sandwiches – on homemade brown or GF bread with mixed leaves

Honey roast Carlow ham with apricot chutney & Coolattin cheddar	€7.50
Chargrilled chicken with red pepper mayo	€7.50
Salad – egg mayo, lettuce, onion and tomato	€6.50
Fresh salmon with our own herb mayo	€8.50
Prawn with chilli and lemon aioli	€9.50

Ciabattas

Spicy Cajun chicken ciabatta with mixed leaves & Cashel blue cheese mayo	€8.50
Curried chicken with mango and mixed leaves	€8.50

Wraps - GF wraps available

Hot Chilli Beef – lettuce, onion, bacon bits, mayo and cheddar cheese served with tomato & red onion salsa	€8.50
Hot Chilli Chicken – lettuce, onion, bacon bits, mayo and cheddar cheese served with tomato & red onion salsa	€8.50
Roasted Mediterranean vegetables with basil pesto & cheddar	€8.50

Salads

Lennons' salad – mixed leaves, croutons, red onion, tomato and toasted seeds in our own vinaigrette dressing	€10.00
Optional – bacon bits, black olives and feta cheese	€11.50
Caesar salad – cos lettuce leaves tossed in Lennons' Caesar dressing with croutons, bacon bits and Irish Regato cheese	€10.00
Optional – chicken, anchovies	€12.50
Cajun salad – mixed leaves tossed in Cashel Blue cheese mayo with croutons, red onion, tomato and Cajun chicken	€12.50

Sides

Homemade potato wedges with skinny garlic mayo	€4.00
Homemade coleslaw	€2.50
Mixed leaf salad	€3.50