

# QUENCH

## LUNCH SAMPLE MENU SERVED UNTIL TO 17.00

### SANDWICHES

**THE CLUB - THE CLASSY SANDWICH** 13.90  
*Crispy smoked pancetta, chicken, egg and lettuce  
On crusty sourdough  
(Contains 1-wheat,3,6,7,10,12)*

**THE VEGAN CLUB - THE ALTERNATIVE (VEGAN)** 11.90  
*Fried portobello mushrooms  
Roasted sweet tomatoes and crunchy gem, sourdough bread  
(Contains 1-wheat,6,10,12)*

**CAESAR WRAP** 10.90  
*Chicken goujon and Caesar salad wrap  
(Contains 1-wheat, 3,4,6,7,10,12)*

**REUBEN SANDWICH**  
**THE MUST HAVE NYC SANDWICH** 13.50  
*Shaved local pastrami beef, sauerkraut  
Melting Emmental cheese, lemon mayonnaise drizzles  
(Contains 1-wheat,3,6,7,9,10,12)*

**OPEN SMASHED AVOCADO CIABATTA**  
**THE MODERN CLASSIC** 13.50  
*Chili & lime infused, slow roast sweet peppers  
Fresh coriander spiced mayo  
(Contains 1-wheat,3,6,7,10,12)*

**TOASTED SPECIAL**  
**OFF THE CHARTS TOASTIE** 9.90  
*Hand carved ham and Horgan's cheddar  
Caramelised onion and mild mustard on sourdough bread  
(Contains 1-wheat,3,7,10,12)*

**ADD ONS**  
*Cup of soup 3.50  
Bowl of soup 6.00  
Cup of skinny fries 2.50  
House slaw 2.50  
Rocket and tomato salad 3.00*

### SALADS

**ROAST PUMPKIN SALAD** sm 9.90 lg 14.50  
*Chickpeas, kale, coriander and pomegranate  
Lemon dressing  
(Contains 1-wheat,6,10,12)*

**THE BRASSERIE CAESAR** sm 9.90 lg 14.50  
*Crisp smoky pancetta and buttery focaccia fingers  
Our creamy house Caesar dressing tossed baby gem  
Served of course with heaps of parmesan shavings  
(Contains 1-wheat, barley,3,4,6,7,10,12)*

**VERMICELLI NOODLE AND CHILLI SALAD** sm 9.90 lg 14.50  
*Full of flavours of crisp vegetables and fresh coriander  
Tossed in rice vinegar, gently topped with chili dust  
(Contains 6,9,10,11,12) - Vegan*

*Add chicken or vegan feta style cheese to any of the above  
4.00 (Contains 6)  
Add seared prawns or poached flaky salmon to any of the above  
6.00 (Contains 2,4,7)*

### SOUPS

**CREAMY SOUP OF THE DAY** 7.90  
*Made fresh daily - please enquire with your server for further details  
(Contains 1-wheat,6,7,9,12)*

**SEAFOOD CHOWDER** 10.90  
*Cream based chowder, served with salmon, white fish & mussels  
Served with homemade brown bread  
(Contains 1-wheat,oat,3,4,6,7,9,12)*

All our beef and pork is of Irish origin unless stated otherwise and our chicken is of EU origin. Whilst every care is taken to ensure our dishes do not contain allergens other than listed for each dish, traces may be present due to the nature of our kitchens and operations. Please inform your server if you suffer from any food allergy or have other dietary requirements.

1-Cereals cont. Gluten, 2-Crustaceans, 3-Eggs, 4-Fish, 5-Peanuts, 6-Soybeans, 7-Milk, 8-Nuts, 9-Celery, 10-Mustard, 11-Sesame Seeds, 12-Sulphites, 13-Lupins, 14-Molluscs

# QUENCH

## SIDES

Sweet potato & truffle mayonnaise fries (Contains 3,7,10,12)	5.50
Bacon roast potatoes with parmesan(Contains 7,9,12)	4.50
Dirty fries - topped with cheese, bacon and pepper sauce (Contains 7,9,12)	4.50
Roast plum cherry tomato & rucola salad (Contains 12)	4.50
Tenderstem broccoli in almond butter (Contains 7,8-almond)	5.00
Maple braised root vegetables (Contains 7,9,12)	5.00

## SWEET CHOICES

CARAMEL & PECAN NUT BROWNIE Covered in toffee sauce and hazelnut ice cream (Contains 1-wheat,3,7,8-pecan&hazelnut)	8.90
SICILIAN LEMON CAKE With raspberry sorbet and freeze-dried raspberry crumbs (Contains 1-wheat,6) - Vegan	8.90
SELECTION OF BOULABAN ICE CREAM Please ask your server (Contains 1-wheat&barley,3,6,7,8-various,12)	8.50
KNICKERBOCKER GLORY - The Classic Strawberry and vanilla ice cream, strawberry syrup Fresh mango and candied pistachios (Contains 3,7,8-pistachio,12)	8.90
CARPACCIO OF PINEAPPLE With chilli sweetness and salted caramel ice cream (Contains 1-wheat,7,8-hazelnut) - Vegan optional	8.90
IRISH FARMHOUSE CHEESE SELECTION Grapes, celery, cheese biscuits and chutney (Contains-1 wheat, oat,rye,3,6,7,8-almond,hazelnut,9,10,11,12)	14.50

## HOT DISHES

STICKY CHICKENWINGS	sm 11.90 lg 15.90
<i>Finished in a honey and soy sauce with chilli and Spring onion Sprinkled with toasted sesame seeds (Contains 6,9,10,11,12)</i>	
ROAST OF THE DAY	17.50
<i>Served as it should be Creamy potatoes and sweet roasted seasonal vegetables Your server will know more - please ask! (Contains 6,7,9,12)</i>	
FRESH FISH N CHIPS	19.90
<i>Treaty Ale Battered hake fillet served crispy golden brown Chef's house pickle tartar sauce with a zest, traditional mushy peas (Contains 1-wheat,3,4,6,7,10,12)</i>	

HOUSE BEEF BURGER	21.50
<i>7oz steak burger with Hegarty cheddar in brioche bap Mildly spicy &amp; smoky burger sauce, baby gem and spiced fries (Contains 1-wheat,3,6,7,9,10,12)</i>	

HEALTHY GREEN LENTIL & BUTTERNUT SQUASH CURRY	15.50
<i>Chickpeas, fresh coriander, toasted cashew nuts Fragranced coconut &amp; basmati rice (6,8-cashew,9,12) - Vegan</i>	

Add chicken or vegan feta style cheese to above 4.00 (Contains 6)  
Add seared prawn tails to above 6.00 (Contains 2,7)

### WE PROUDLY SOURCE OUR INGREDIENTS FROM:

**FRUIT & VEGETABLES**  
Dole Fruit & Veg - Tralee - Co Kerry  
Ballysteen Micro Herbs - Askeaton - Co Limerick  
Cecil Gallagher - Askeaton - Co Limerick  
Tom O'Brien Mushrooms - Co Roscommon  
McCormack Farm - Dunsany - Co Meath

**MEAT & FISH**  
Liffey Meats - Irish Beef - Co Cavan  
Kepack - Irish Beef - Co Meath  
Irish Chicken Supremes - Quigleys - Co Cork  
Bacon - Aadarl - Castlebar - Co Mayo  
Star Seafood - Kenmare - Co Kerry

**OTHER**  
Sysco - Newcastlewest  
Treaty Ale - Limerick  
La Rousse Foods - Dublin  
Sheeps Cheese - Cratloe - Co Clare

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