



Lunch Boxes

Mediterranean Chicken 8

Grilled chicken marinated in chilli, garlic and lemon juice, served with our wholemeal couscous and super slaw

Amazing Organic Meatballs 9

Tipperary's award winning Sheepwalk Farm organic lamb meatballs cooked in our plum tomato sauce with fresh herbs and spices, served with our wholemeal couscous and super slaw, then topped with yoghurt sauce

Halloumi Lunchbox 8.5

Lime and chilli marinated halloumi cheese pan fired served with salad, slaw and chilli sauce

Gobi Vegetable Curry 8

Sweet potato, cauliflower and pea curry cooked in spices and coconut milk

Tzatziki Poached Salmon 8.5

Salmon marinated in dill, lemon and parsley poached and served with Tzatziki sauce (low fat yogurt, dill and lemon zest) and served with super slaw

All Lunch Boxes served with Super Slaw **Select either Brown Rice or Wholemeal Couscous**

Our Drinks

Our drinks are made fresh every day, change seasonally and are always made with fresh natural ingredients

Wraps

Smokey Chilli Chicken 5.5

Grilled tender pieces of chicken marinated in chilli, parsley, lemon and garlic, drizzled with our hot smokey chilli sauce and served with mixed green salad and tomato

Garlic Aioli Chicken 5.5

Marinated tender chicken pieces drizzled with our aioli sauce and served with mixed green salad and tomato

Pulled Pork 6.5

Tipperary's 'Crowe's Farm' slow roasted pork shoulder in our blend of five spices until tender, then we hand-pull the pork and serve it in a wrap with lettuce, super slaw, tomatoes and our secret recipe BBQ sauce

Chilli Beef 6.5

Irish Beef stir fried in ginger, garlic and chilli with peppers, mange tout served with super slaw, lettuce and our homemade chilli sauce.

Fish Wraps

Tzatziki Poached Salmon 6.5

Salmon marinated in dill, lemon and parsley poached and served with Tzatziki sauce (low fat yogurt, dill and lemon zest) and served with super slaw lettuce and tomato

Veggie Wraps

Hello Halloumi 6.5

Lime and chilli marinated halloumi cheese pan fired served with salad, slaw and chilli sauce

Roast Vegetable Wrap 5.5

Peppers, courgettes, carrots and beetroots roasted and in garlic served with your choice of sauces, served on mixed green salad and tomato

Superfood Your Meal

Seed Mix 1

Our mix of sunflower, sesame seeds and pumpkin seeds

Dugqa 1

Our blend of roast hazelnuts, walnuts, coriander seeds and spices

lunch menu

EAT IN OR
TAKE-AWAY

12.00 - 4.00

085 215 3212 www.wearecanteen.com

Salads

Broccoli, Feta & Hazelnut 7

Broccoli and feta cheese served with roast hazelnuts and mixed green salad

Superfood Burren Smoked Mackerel, Pea and Walnut 7.5

Irish smoked mackerel, peas, roast walnuts served on a mixed green salad

Roast Beetroot 6.5

Garlic roast beets, walnuts with mixed green salad

Mini Salads

Tomato Mini 3

Marinated cherry tomatoes, rocket and our superfood seed mix

Pom & Quinoa Mini 3.5

Pomegranate seeds, quinoa and herby mix.

Add chicken to any salad for 2

ALSO AVAILABLE IN LARGE SIZE