



## 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](http://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