



# CAFE WEEKEND MENU



### SOUP

### SEASONAL SOUP OF THE DAY | €7.20

Freshly made daily using local produce. Served with salted Irish butter and treacle brown soda bread.

(Contains 1-wheat,7,9)

### HEARTY SEAFOOD CHOWDER | €10.95

East Cork market fish, garden vegetables, Light cream sauce, fresh dill. Served with treacle soda bread and Irish butter (Contains: 1-Wheat, 4, 7, 9, 12)

### SALADS

# BURRATA & ROASTED FIG SALAD €14.00

Mixed garden leaves, toasted walnuts, cherry tomatoes, fresh basil, aubergine & roasted garlic dressing.

(Contains: 3, 7, 8-Walnuts)

# WARM BEEF & EGG NOODLE SALAD €14.95

Thinly sliced beef, egg noodles, green beans, chickpeas, red onion, sundried tomato, roasted garlic potatoes, cashel blue cheese, balsamic glaze.

(Contains: 1-Wheat, 3, 12)

### SMOKED SALMON SALAD | €14.00

Watercress, homemade pickles, poached apple, toasted capers, mustard vinaigrette, served with treacle bread.

(Contains: 1-Wheat, 4, 10)

# ARDSALLAGH GOAT CHEESE & BEETROOT SALAD | €14.00

Spiced couscous, garden greens, roasted chickpeas, house granola, confit cherry tomatoes, beetroot glaze, honey & mustard dressing.

(Contains: 1-Wheat, 7, 12)

### SANDWICHES

(All sandwiches served with fries and seasonal salad)

#### BAGEL CLUB SANDWICH | €14.50

Crispy streaky bacon, baby gem lettuce, beef tomato, grilled Irish chicken, soft-boiled egg,

on a toasted bagel

(Contains: 1-Wheat, 3, 12)

### OLD SCHOOL TOASTIE | €13.95

Smoked cheddar, local baked ham, beef tomato, red onion, golden-grilled on rustic sourdough.

(Contains: 1-Wheat, 7, 12)

# OPEN SMOKED SALMON & TIGER PRAWN SANDWICH | €13.95

Brown treacle bread, whipped cream cheese, Cos lettuce, toasted capers, pickled shallots

(Contains: 1-Wheat, 3, 4, 7, 12)

# MAINS

#### ITALIAN STYLE LASAGNA | €19.50

Slow-cooked Irish beef ragù, toasted garlic bread, basil oil drizzle, and garden salad.

(Contains: 1-Wheat, 7, 9, 12)

#### TRADITIONAL BEER-BATTERED FISH & CHIPS | €19.50

East Cork ale batter, hand-cut chips, crushed garden peas,

We are deeply connected to the local community and we love to stay connected with you.

Find us on social @forkandwheel and book a table for your next gathering at



WWW.FORKANDWHEEL.IE



