

## LUNCH MENU

(available Monday to Friday 12.00 - 15.00)

### ... SALADS / INSALATE ...

Choose one of our fabulous salad bases below and add a topping of your choice.

#### Butternut, Quinoa and Brown Rice Salad

A wonderful combination of quinoa and brown rice with roasted butternut, sultanas, sunflower and pumpkin seed. All tossed in a balsamic vinaigrette with mixed leaves and rocket. With a topping of your choice ...

#### Caesar Salad

A fabulous salad of gem lettuce with shavings of Parmesan cheese and our golden croutons. Served with our delicious home-made Caesar dressing. With a topping of your choice.... (G/F/D)\*

#### Super Food Salad

Filled to the brim with some of the top superfoods, a simply scrumptious, healthy combination of baby mixed leaves tossed through with lightly steamed broccoli, beetroot and walnuts (N)\*. With a topping and dressing of your choice ...

### ... SALAD TOPPINGS / DRESSINGS ...

#### Option 1

7.50 (out) 11.50 (in)

+ Hummus (S)\* / Grilled Haloumi Cheese (D)\* / Crumbled Goats Cheese (D)\* / Tuna (flaked)(F)\* / Super Seed and Nut Mix (N/S)\* +

#### Option 2

8.50 (out) 12.50 (in)

+ Grilled Chicken / Parma Ham / Buffalo Mozzarella (D)\* / Avocado / Roast Ham +

#### DRESSINGS

+ Have a favourite? Any salad with any dressing - Tarragon / Balsamic / Apple Cider Vinaigrette / French Vinaigrette +

### ... SALADES À LA FRANÇAISE ...

#### Salade Niçoise

8.50 (out) 11.50 (in)

+ A taste of the south of France. Tuna, marinated anchovies, egg, green beans, baby potatoes and tomatoes. Tossed in our fabulously French vinaigrette and served on mixed leaves. (E/F)\* +

#### Salade de Chèvre et de Poulet

8.50 (out) 11.50 (in)

+ A wonderful combination of chicken, crumbled goats cheese and semi sundried tomatoes, tossed with mixed leaves in our famous tarragon dressing, with a sprinkle of pumpkin seeds et voila! (D)\* +

### ... ANTIPASTO ALL'ITALIANA ...

#### Parma Salad

10.50 (out) 13.50 (in)

+ Parma ham with slices of our very special buffalo mozzarella, tomato and basil. Served with Italian toast. One taste and you are transported to Italy. (W/D)\* +

#### Caprese

8.50 (out) 11.50 (in)

+ Creamy buffalo mozzarella with slices of tomato. Topped with fresh basil, a sprinkle of olive oil and our award winning balsamic vinegar. Served with Italian toast, a perfect lunch. (W/D)\* +

### ... SOUP OF THE DAY ...

#### Soup of the Day (in)

9.75

+ A healthy option of a large bowl of our home-made soup, with a small 'mixte' salad and a basket of bread. \*(W & a.o.r) +

#### Soup of the Day (out)

4.50

+ Our delicious home-made soup. Add freshly baked ciabatta or soda bread (€1.00) +

### ... PLAT PRINCIPAL ...

#### Special of the Day

8.50 (out) 12.50 (in)

+ Created every day by our team of chefs. Please ask your waiter for details. (AOR)\* +

#### Quiche of the Week

9.75 (out) 11.75 (in)

+ Our deliciously decadent home-made quiche. Served with our carrot salad, coleslaw, and mixed leaves, with a dressing of your choice. (W/E/D/N)\* +

#### Piattini

8.50 (out) 12.50 (in)

+ A speciality in Milan's busy fashion district for a simple and healthy choice. Oven baked chicken breast, served with our weekly seasonal veggies / sides. (aor)\* +

#### Tourte au Poulet / Chicken Pie

8.50 (in) 12.50 (out)

+ A French inspired golden, short crust pastry pie filled with chicken, ham and leeks in a wonderfully creamy sauce. Served with a salad of baby leaves. (W/D)\* +

Our meat is supplied by a local butcher and is 100% Irish and traceable.

A discretionary 10% gratuity is added to tables of 5 or more. Ingredients for all dishes available on request.

caffè  
tarigi

# LUNCH MENU

(available Monday to Friday 12.00 – 15.00)

## ... LUNCH FORMULA ...

Any Sandwich with a 'Mixte' Salad / Soup  
9.50 (in)

All sandwiches / panino are available to take away as individual items.  
4.95 – 5.50 (out)

## ... BROWN BREAD / BAGUETTE ...

### Roast Ham, Cheese and Gherkin

A delicious sandwich of roast ham with cheddar, gherkin, lettuce and our scrumptious mustard mayo. (W/E/M/D)\*

### Relish Parigi

A scrumptious combination of cheddar cheese, tomato, mayo, lettuce and ballymaloe relish. (W/E/D)\*

### Chicken and Stuffing

+ An Irish tradition – chicken, home-made stuffing, lettuce and a dash of mayo. (W/E/D)\* +

## ... PANINO ...

Toasted to a 't' with a sprinkle of olive oil and freshly ground salt and pepper.

### Crudo

The classic! Parma ham, tomato, mozzarella and basil. (W/D)\*

### Mozzarella

Simple and delicious – mozzarella, tomato and basil. (W/D)\*

### Pizzico

A bit of a kick with spicy salami, cheddar cheese and our fabulous home-made pomodoro sauce with added sun-dried tomatoes. (W/D)\*

### Pollo e Formaggi

A delicious toasted sandwich of chicken, cheddar and semi-sun dried tomato pesto. (W/D)\*

### 3 Cheese and Red Onion Chutney

A scrumptious combination of brie, cheddar and goats' cheese with our home-made red onion chutney. (W/D)\*

+ Add Parma ham (€2.00) +

## ... PIADINA ...

ITALIAN FLAT BREAD. Just let us know if you would like it served lightly toasted.

### Hummus and Crunchy Veg

Home-made hummus with pickled red onion, grated carrot, bell peppers and lettuce. (W/S)\*

### Salami and Gorgonzola

A fabulously Italian mix of salami, Gorgonzola cheese, tomato and rocket. (W/D)\*

### Brie and Red Onion Chutney

A wonderful combination of brie, red onion chutney and rocket. (W/D)\*

+ (Add Parma ham +€2.00) +

## ... PASTA AND RISOTTO ...

### Fusilli alla Lupara

8.50 (out) 12.50 (in)

+ A scrumptious pasta with Italian salami in our rich tomato sauce with a dash of cream. (W/D)\* +

### Rigatoni Natale

8.50 (out) 12.50 (in)

+ A fabulously tasty pasta – chicken, pancetta and mushrooms in a delicious cream sauce. (W/D)\* +

### Penne or Gnocchi Pomodoro / Arrabbiata

7.50 (out) 10.50 (in)

+ Pasta or gnocchi with our rich home-made tomato sauce. Add chilli if you feel like spicing things up. (W)\* +

### Penne Broccoli et Pomodoro Secchi

8.50 (out) 10.50 (in)

+ A simple tasty dish of steamed broccoli and sun-dried tomatoes in a garlic scented olive oil and topped with freshly grated Parmesan. A real taste of true Italy. (W/D)\* +

### Pasta of the Week

8.50 (out) 12.50 (in)

+ Please check our Specials Board or ask your waiter. (AOR)\* +

### Risotto dello Chef

8.50 (out) 12.50 (in)

+ A fabulous risotto which changes on a weekly basis. Please ask your waiter for details. (AOR)\* +

## ... DESSERTS ...

Chocolate Brownie 2.95 (out) 4.95 (in)

+ Fabulously indulgent. Served in the caffe with whipped cream and our winter berry coulis. (W/D/E/N)\*

Torta al Limone 3.25 (out) 3.95 (in)

+ This is a gorgeous lemon sponge cake straight from Palermo. The secret is in the delectable Sicilian lemon syrup trickled all over while it is still warm – a scrumptious treat. (W/D/E)\*

Macaroons (gluten free) 1.50 (out) 1.75 (in)

+ A French delicacy made with ground almonds and sumptuous fillings. Please ask our staff for flavours. (N almond)\*

**Formule** Any main course with a small soup OR small salad OR dessert +2.95

## OFFICE AND STAFF CATERING

+ We offer fabulous, customised catering for any event as well as scrumptious solutions for staff meals! +

All of our food may contain trace allergens

Allergens: W wheat / E eggs / F fish / N nuts / D dairy / C celery / SF shellfish / S sesame / SU sulphates / AOR available on request  
Please ask a member of staff should you need to see the ingredients of any dish. These are available to be seen on their tablets.