



DELISH MAINS

Southern Comfort - Crunchy homemade cajun chicken tenders, ... 10.95
served in a warm multi-grain wrap filled with cos leaves, fresh
parmesan shavings and mild spiced cajun yoghurt dressing.

Italian Stallion - Our homemade 8oz Irish lean beef burger ... 10.95
served with layers of beef tomato, melted buffalo mozzarella
and fresh basil pesto.

Herbivore - Homemade mini falafel served with fresh crisp ... 10.50
salad, mint and cucumber yoghurt riata in a warm lebanese
flatbread.

Munster Burger - Our homemade 8oz Irish prime beef burger ... 10.95
served with mixed leaves, sliced beef tomato, red onion and
relish in a wholemeal multi-seed bap.

El Matador - Our homemade 8oz Irish prime beef burger ... 10.95
topped with hot jalapeños, chorizo & smoked cheddar served
with mixed leaves, sliced beef tomato, red onion and relish
and a dash of tabasco in a wholemeal multi-seed bap.

Little Boy Blue - No bread here! Our homemade 8oz Irish prime ... 10.95
beef burger is served on flat cap mushrooms and is stuffed with
bacon & blue cheese and topped with rocket leaves & drizzled
caesar dressing.

All of the above served with a cup of skinny fries

The Caipirinha - Mojito and lime chicken burritos served on a ... 10.95
bed of our signature mexican brown rice salad, topped with our
homemade avocado, tomato and coriander salsa & citrus rum
yoghurt dressing.

Zorro! - Spicy beef burrito filled with our mild spiced Irish ... 10.95
prime beef mince, mixed beans, melted chili cheese, served
on a bed of our signature mexican brown rice salad topped
with our homemade avocado, tomato and coriander salsa.

Anti Pasti À La Delish - Selection of home-baked meats, ... 10.95
Irish cheeses and marinated continental veggies served
with Delish Crusty Bread & dips.

DIY AT DELISH!

You take control in this healthy corner. Create your own healthy
lunch that suits your needs! DIY was designed with your nutrition
in mind! / €10.95 Add Seafood Supplement / €2.50

1 → CHOOSE ONE OF YOUR PROTEINS

Garlic & herb marinated chicken breast

-

Fresh oven-baked lemon infused salmon

-

Indian spiced chicken skewers

-

Homemade mini falafels (5 per portion)

2 → CHOOSE YOUR NUTRIENT RICH CARB OR EXTRA PROTEIN

Superfood Green - spinach, rocket, broccoli,
beetroot, beans and shredded carrot.

-

Mediterranean quinoa superfood salad packed
full of seasonal Mediterranean vegetables & herbs

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Moroccan spiced giant cous-cous and chickpea salad

-

Super healthy zesty bulgar wheat salad

*Fresh and healthy, these dishes are simply finished with a squeeze of lemon
and fresh herbs. Don't be shy to ask for extra sauce, should you need it!*

PASTA OR POTATO

€10.50 CHOOSE EITHER A BAKED POTATO
OR PASTA WITH THESE 3 FILLINGS



The Amigo's - Breast of chicken, chorizo, spinach, roast
cherry tomatoes, sun-dried tomato and almond pesto.

-

The Bull - Healthy Irish beef bolognese with a delish twist.

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The Cypriot - Roast medley of mediterranean vegetables,
melted halloumi, drizzled with our fresh Italian salsa verde.

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Choose a sweet potato instead of a regular / +€1.00

*Our house pasta is a wholemeal penne and we serve garlic bruschetta
with all pasta dishes. All our potatoes are home-grown.*

DELISH WRAPS

All wraps are served with today's fresh healthy salad

Irish Sushi Wrap - Nori wrap with smoked salmon, quinoa, wasabi cream cheese, cucumber, sliced avocado and pickled ginger. ... 8.75

Cordoba - Sundried tomato flavoured wrap, roast red pepper hummus, kalamata olives, spinach, red onion, med veg and feta cheese. *Great with meat too – why not add warm chorizo or Chicken!* ... 8.25

Skinny Cow - Slivers of wafer thin home-cooked beef, low fat cream cheese, roast red peppers, red onion, rocket and sweet chilli and a dash of tabasco. ... 7.85

Veggie Nori Wrap - Nori wrap stuffed with thin slices of seasonal crunchy veggies served with a healthy peanut dipping sauce ... 7.25

Miss Saigon - Warm herb breast of chicken, roast red peppers, red onion, melted cheddar served in a toasted wrap drizzled with sweet chili sauce. ... 8.25

Add a cup of skinny fries / €2.00 / sweet potato Wedges / €2.95

DELISH SANDWICHES

All sambos are served with today's chefs two salads

Fly Me To The Moon - Chicken, rocket, vine ripened tomatoes, red onion, garlic mayo, fresh rocket and melted brie on a toasted tomato flavoured ciabatta. ... 8.75

Pigs Will Fly - Breast of chicken on a multi-cereal bap with fresh leaves, garlic mayo, streaky bacon and tomato. ... 8.25

Sarsfield Pride - Limerick ham on a multi-cereal bap, wholegrain mustard mayo, vine-ripened tomatoes, smoked cheddar and sweet pickle ... 7.95

The Italian Job - Mixed herb salami, sun kissed tomatoes, red-onion, melted mozzarella, fresh basil leaves & green pesto, served on toasted sundried tomato ciabatta ... 8.50

Lady Goo Goo - Traditional creamy chive egg mayo, red onion, cucumber, and rocket served open on our traditional brown soda bread. *Have you tried it toasted with crispy bacon? / €1.00* ... 7.50

Bowl of soup and sambo Combo / €9.50

Add a cup of chips or cup Soup / €2.00

Add a cup of sweet potato wedges / €2.95

LEBANESE FLATBREADS

Maximise on the flavour and minimise on carbs & calories!

Taj Mahal - Marinated indian spiced chicken in a curried yoghurt dressing with toasted almonds, apricots, and fresh leaves. ... 10.75

Campania - Flatbread with warm breast of chicken, roast red pepper hummus, Kalamata olives melted goat's cheese, fresh sundried tomato pesto. ... 10.50

And This Nutty Pig Went Pear Shaped! - Crispy crunchy bacon and cashel blue cheese, with sliced pear, honeyed walnuts and drizzled with a sweet balsamic reduction. ... 10.75

Checkmate - Warm chicken and black pudding with basil leaves and melted brie, drizzled with cranberry coulis and toasted seeds.

SENSATIONAL SALADS

Triple Crown - Brown soda bread topped with smoked salmon, prawns, avocado, marie rose crème fraiche and café leaves. ... 13.95

Chicken Bacon Club Salad - Warm chicken, smoked bacon and roast cherry tomatoes served on a bed of cos leaves with fresh parmesan, garlicky croutons and caesar dressing. ... 11.95

Honey I Shrunk The Kid! - Warm honey and sesame coated goats cheese with pear and candied walnuts on a bed of café leaves, drizzled with a balsamic reduction. ... 11.95

Add warm tournafulla black pudding / 12.95

BRUSCHETTAS

Dancing With Venus - Bruschetta with prawns, warm crisp parma ham, fresh spinach, sun-dried tomatoes and roast red peppers, topped with our homemade coriander and tomato salsa. ... 12.95

Delish BLT - Bruschetta with rocket, slow roasted tomatoes, crispy parma ham, parmesan shavings and caesar dressing. ... 10.50

Mediterranean Melt - Roasted red peppers, red onion, aubergine, and courgettes on topped with buffalo mozzarella cheese drizzled with fresh basil pesto and mixed seeds. *Add meat / 2.00* ... 10.50

Angry Bird - Warm breast of chicken, crispy bacon and melted brie served with a red berry coulis and a caesar dressing. ... 10.50

COURGETTI AT DELISH!

Comfort food without the carbs!

Courgetti – long, thin slivers of courgette, which makes them an easy substitute for pasta or noodles. Courgettes for us, are hero vegetables because it is an easy way to add more vegetables to your diet whilst reducing the amount of carbs needed to bulk up a meal. Like all pastas,

Courgetti are best eaten with tasty partners.

We recommend these options:

Pan-fried garlicky prawns, sun dried tomatoes, spicy chorizo, sun-dried tomato and almond pesto. / 12.50

Delish beef bolognese with a parmesan & fresh basil. / 10.50

Grilled halloumi and roast mediterranean vegetable brochettes, cucumber and mint riata. / 10.50

Basil chicken, roast vegetables, broccoli, toasted almonds and salsa verde. / 10.50

All our Courgetti are marinated in extra virgin olive oil, and seasoned with sea salt and rainbow pepper corns

A BIT ON THE SIDE

BOWL OF FRENCH FRIES & DIPS / €3.50

HOMEMADE SWEET POTATO WEDGES / €3.95

SMALL DIY SALAD - SEE DIY SECTION / €3.50

OLIVES & SAVOURY NUTS / €3.85

BAKED POTATO & BUTTER / €2.00

SWEET POTATO / €2.50

All parties of 5 plus

To eliminate queues, please settle your bill at your table. We will even give you a calculator :)

If you suffer from any Allergies

in relation to food please ask your server for our full Menu of Allergan listings. Sides may not be ordered as main courses during peak service periods.



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SWEET SURENDER!

Please see our specials board for additional items

Delish Seasonal Pavlova / 4.95

Zesty Lemon Cake / 4.95

Sticky Toffee Pudding / 4.95

Homemade Chocolate Fudge Brownie / 4.95

Warm Delish Crumble / 4.95

Homemade Carrot Cake / 4.95

Seasonal Bread & Butter pudding served warm with Custard / 4.95

Flourless Raw Chocolate & Coconut Cake / 4.95

Homemade Apple Tart with freshly whipped cream / 4.95

Small Treats

Rocky Road / 2.95

Bakewell Slice / 2.95

Lemon Drizzle Slice / 2.95

Brownie & Chocolate Sprinkle Cake Pops / 2.50

Super Snacks

Super-charged Breakfast Bars / 2.50

Quinoa & Cacao Crispy Treats / 2.50

Spirulina Balls / 2.60

Vanilla Protein Balls / 2.95

BREAKFAST

Set yourself up for the day ahead...

The Hangover - Two Irish pork sausages, two smoked bacon rashers, grilled seasoned vine ripened tomato, 2 eggs, black and white tournafulla pudding, mushrooms, and two slices of thick toast. ... 9.50

Eat, Love, Pray - Our veggie breakfast of potato waffles, two eggs, homemade falafel, fresh baby spinach, mushrooms, baked beans and a slow roasted tomato and thick sliced toast. ... 9.50

Jaws! - The original big bite sandwich bap, filled with dijon mustard mayo, bacon, sausage, black and white tournafulla pudding, smoked cheese and tomato relish. ... 8.50

Eggs as you like! - Poached, scrambled or fried served with grilled tomato and two slices of toast or brown soda. ... 5.50
Add bacon or superfoods (Koya Matcha, fresh spinach, chilli, activated seeds) ... 7.50

Delish Eggs Shakshouka - Tunisian dish of eggs poached in a sauce of tomatoes, mixed beans, garlic, paprika & chilli, served with crusty bread for dipping!
Add Chorizo for extra zing & meat! / 2.00 ... 6.50

O'Connell Special (big cals, massive protein) - Two waffles, three poached eggs, roast ham, homemade baked beans, and oven baked chicken fillet. ... 10.50

Monster 4 Egg Omelette (low carb) - Filled with roast ham, vine ripened tomatoes and mushrooms. ... 8.50

Eggs Benedict - Two poached eggs, layers of thick sliced roast ham and hollandaise sauce. ... 8.25

Eggs Florentine - Two poached eggs, baby spinach and hollandaise sauce. ... 7.95
Want to go breadless? Use Flat cap mushrooms instead
Add smoked salmon to your eggs for extra essential omega 3 fatty acids and protein.

The Stack - American style wholewheat pancakes, served with fresh fruit and maple syrup. ... 6.50

Add Bacon ... 8.50

Homemade French Toast - Pan-fried eggy brioche slices, served with yoghurt, seasonal fresh fruit, maple syrup and two slices of smoked bacon dusted with cinnamon infused icing sugar. ... 8.50

HOME BAKES & BOOSTS

Small & Healthy Bites @Breakfast

Homemade American Style Wholewheat pancakes - ... 3.85
Choose one of the following: Lemon & Agave Syrup / Nutella / Red Berry Compote.

A Bowl of fresh Fruit Salad ... 3.50

Homemade Granola with Natural Yoghurt and honey - ... 3.85
Sweet and roasted nuts, almonds and seeds with low fat probiotic natural yoghurt. *Add Fresh Fruit / 2.00*

Tutti Frutti - Glass of Fresh Fruit Salad, low fat Greek yoghurt, and healthy homemade granola ... 3.75

Delish Classic Porridge - ... 3.75
Choose from the following toppings for extra taste and nutrition: ...1.00
Banana, peanut butter & honey / Apple, cinnamon & Raisin / Chia seed & Berry Compote

Egg Muffins - Ditch the carb-bomb of the traditional muffin or bagel and try these egg-cellent super healthy and tasty alternatives. ... 3.85

Choose from the following tasty options:
Chorizo, Jalapeno & Smoked Cheddar / Smoked Bacon, Spinach & Cheddar / Basil, Cherry Tomato & Feta

Savoury Homemade Sausage Roll - With a delish tomato salsa. ... 2.50

Delish Homemade Beans on Toast - Healthy protein packed mixed beans slow cooked in our homemade smoked paprika & tomato sauce. ... 3.85
Add chorizo or smoked bacon for that extra umph!!

Camino Way - Crushed tomatoes, olive oil, rock salt, garlic & herbs served on toasted ciabatta. ... 3.50

New York Bagel - Multi-seeded bagel served with cream cheese, Bacon and Tomato relish. ... 6.95

Irish Bagel - Multi-seeded bagel served with cream cheese, smoked salmon, lemon wedge. ... 7.50



KIDS BREAKFAST

Humpty Dumpty v's the Soldiers - 3.85

Egg scrambled or poached and toast cut into soldiers.

Mini Kids Breakfast - 4.50

One Sausage, one bacon, scrambled egg and toast.

Chitty Chitty Bang Bang - 3.50

Sausage, waffle and baked beans.

Nutty Nut Kracker - 3.50

Three homemade pancakes served with nutella.

Fantastic Four - 2.25

Mixed red berry and banana smoothie blended with natural yoghurt and orange juice.

KIDS LUNCH

Chicken little - 5.50

Homemade cajun chicken tenders with small fries.

Minions - 4.50

Wholegrain penne pasta served with a cheese sauce and garlic bread.

Lady and the Tramp - 5.50

Delish spaghetti bolognese

The Avengers - 5.50

100% beef burger, served with small fries

Simple Simon - 3.85

Simple sandwich with 2 fillings

Add a cup of fruit, soup or small fries - 2.00

KIDS DESSERTS

Ice-Cream Bowl (two scoops) & Sprinkles / 2.50

Chocolate Marshmallow & Fresh Fruit Skewers / 2.50

Brownie & Chocolate Sprinkles Cake Pops / 2.50

BREKKIE SIDES

Baked beans, Toast, Brown Soda, Bacon, Sausage,
Tomato, Mushrooms, Pudding, Waffles / 2.00
Smoked Salmon / 3.50

DRINKS

Full steam ahead for the daily grind...

THE GRAPE VINE

BOTTLE OF HOUSE WINE	18.00
QUARTER BOTTLE OF HOUSE WINE	4.95

THE DAILY GRIND — FILL YOURSELF WITH BEANS

We make all our coffees with Irish Low fat milk, should you require Soya, Almond or Coconut we supply those too! We only use fresh ground coffee from bean to cup.

CUP OF AMERICANO	2.20
FLAT WHITE COFFEE / SMALL CAPPU	2.50
MUG OF COFFEE	2.65
MUG OF FLAT WHITE	2.85
CAPPUCCINO	2.85
CAFE LATTE	2.85
ESPRESSO	2.20
ESPRESSO MACHIATO	2.20
ESPRESSO CON PANNA	2.25
MOCHA	2.95

THE DAILY BREW — STOP YOUR WORLD & UNWIND!

TEA FOR ONE	2.00
TEA FOR TWO	3.90
CHAI LATTE	2.85
KOYU MATCHA GREEN TEA LATTE	2.95
HERBAL TEAS	2.50
AWARD WINNING FRESH LEAF TEAS	2.85
DECAF TEAS	2.40
HOT WATER WITH FRESH LEMON	1.20

LUXURY DRINKS — ADD ESSENCE TO YOUR LIFE

DELICIOUS HOT CHOCOLATE	2.95
AFTER EIGHT MINT HOT CHOCOLATE	3.50
VANILLA CREME	3.50
CINNAMON SPICED MOCHA	3.50
CARAMEL LATTE	3.50
BABY CHINO!	1.75
STRAWBERRY MILKY MOO	2.25
EXTRA SHOTS, MARSHMALLOWS & CREAM	.50

ICE COLD DRINKS

FRESH OJ	2.95
GLASS OF MILK	1.95
FANTA, SPRITE & COKE	2.50
STILL & SPARKLING H2O	2.50
CRANBERRY JUICE	2.75
APPLE JUICE	2.75