

The Central DAYTIME MENU

*Available 12-5pm Monday to Thursday
12-4pm Friday & Saturday*

(NEW) Grilled Asian Beef, marinated sirloin, mango, pineapple, fresh greens, peanut & jang dressing 14

(NEW) Sticky Belly Buns, slow cooked pork belly, char siu bbq, sour greens, Chilli, crushed peanut, steamed bao bun 11

Steak Sandwich, 8oz striploin on homemade ciabatta with wild rocket, Cashel Blue cheese & Granny Mary's red onion jam, with fries 15.5

Cajun Chicken Bap, grilled breast on house bap or low cal bread with shredded spiced carrot, topped with avocado crème fraiche, w/fries 11.5

(NEW) Crabocado Bruschetta, toasted beetroot sourdough, crab & avocado, tomato tapenade 10

Thai Green Chicken Curry aromatic & flavoursome, rice duo 12

Asian Duck Knuckles, crispy hoisin duck with wasabi & sesame coating, with duo of rice 9.5

Fish 'n Chips, light beer battered fresh fillet of fish with seasoned fries, homemade tartar & lemon 14

Homemade Soup of the Day two choices daily, always gf 4.5

(NEW) Smoked Chicken & Duck Salad peppery watercress, shredded chicken, spiced duck sausage, cranberry, roast chickpea croutons 14

Chicken Wings, tossed in house glaze with celery salt mayo 8.5
...add fries 9.5

*See Blackboard for Today's
Daily Specials & Desserts*

Spring Salads 10

... add grilled chicken 4

... add catch of the day 5

(NEW) Super Central - blueberry, pomegranate, quinoa & kale, agrodolce dressing

Baby Spinach - date, carrot, blood orange, soft honeyed goats cheese, honey mustard dressing

(NEW) Spring – micro potato, steamed spring greens, roast tomato, corn lettuce, celery salt vinaigrette

(NEW) Asian Ramen – 4slaw, noodles coriander, egg shreds & pickled greens, sweet sesame vinegar

Gourmet Sandwiches 9.5

... served with house fries

...add a mug of soup 3

Slow Roast Beef, mustard emulsion & wild rocket on malted bloomer

Seaweed Smoked Salmon, avocado, lemon crème fraiche & gold river leaf on Swedish crisp bread

Overnight Turkey, apple butter, baby spinach, cranberry mayo & brie on beetroot sourdough

Soup & Sandwich/Wrap Special 7.5 (low cal & gf bread also available)

1. **Mexican Chicken** wrap
2. **Chicken & Stuffing**, mixed leaves, mayo
3. **Tuna**, sweetcorn, mayo
4. **Ham**, aged cheddar, mayo
5. **Egg Mayo**, onion, mixed leaves

(extra toppings 50c veg/ €1meat)

Triple Filtered Water
Large Bottle Sparkling or Still €2