

The Central
DAYTIME MENU

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

- (NEW) Pear & Ricotta Focchi Pasta** crushed walnut, caramelised baby pear, parmesan cream **9.5**
- Steak Sandwich** 8oz striploin on homemade ciabatta with wild rocket, Cashel Blue cheese & Granny Mary's red onion jam, house fries **15.5**
- (NEW) Pulled Pork Pita Pocket** smoked pork, warm khobez, celery slaw, house fries **11.5**
- Cajun Chicken Bap** grilled breast on brioche or low cal bread with spiced carrot, avocado crème fraiche, house fries **11.5**
- Crabocado Bruschetta** toasted beetroot sourdough, crab & avocado, tomato tapenade **10**
- Thai Green Chicken Curry** aromatic & flavoursome, rice duo **13**
- (NEW) Beet & Bean Flatbread** toasted house focaccia, beetroot & blackbean salsa, crumbled cheezly **10**
- Asian Duck Knuckles** crispy hoisin duck with wasabi & sesame coating, rice duo **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) Hotpot Mexicano** spiced chickpea & potato stew, pickled red onion, tortilla chips, avocado **10**
- Chicken Wings** tossed in house Glaze with celery salt mayo **8.5**
...add fries **9.5**
- (NEW) Asian Shrimp Pot** chilli & lime wild shrimp, bamboo steamed with fresh Asian veg, udon noodles **12.5**

Central Salads

- (NEW) Fig & Serrano** grilled fig & honeyed goats cheese, serrano, sweet mustard dressing **12.5**
- (NEW) Lemon Chicken** micro potato, steamed spring greens, roast tomato, corn lettuce, celery salt vinaigrette **14**
- (NEW) Asian Beef Ramen** wok tossed beef, 4slaw, udon noodles, coriander, egg shreds & pickled greens, sweet sesame vinegar **14**
- Baby Spinach** date, carrot, blood orange, soft honeyed goats cheese, honey mustard dressing **11**

Gourmet Sandwiches

- served with house fries **9.5**
...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

(low cal & gf bread also available) **8**

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

(extra toppings 50c veg/ €1meat)

***See Blackboard for Today's €8.95 Special,
Catch of the Day and more...***

***Triple Filtered Water
Large Bottle Sparkling or Still €2***