WOODLANDS CAFE Brambles fruit, yoghurt and Muesli pot = 4.501,7,8,11. Jacks Breakfast Bap Kellys of Kilrush sausage, bacon, egg & tomato relish in a toasted bap €8.95 1,3,11 The Garden Full Irish Kellys sausage, bacon, black & white pudding, tomato and eggTea/Filter Coffee and Toast. €10.95 Poached or scrambled eggs with grilled tomato & toast Extras €6.50 Sausage, bacon, 1,3,7 Egg, pudding , toast Homemade soup of the day served with our own wholemeal bread. $\notin 6.50$ €1.50 (see the board for todays soup) 1,7,9,11 Irish chicken marinated in honey, mustard, garlic and olive oil, Moroccan flavoured couscous and a chilli jam mayonnaise served in a wrap. €12.50 1,3,10 St Tolas goats cheese bap with roast red pepper, sun dried tomato and basil pesto. €11.50 1,10,11 Cafe favourite Irish chicken, brie and caramelised red onion on a toasted bap. €9.95 1,10,11 Baked ham and cheddar cheese served on a toasted bap with tomato relish €9.95 1,7,10,11 Egg mayo & salad sandwich on white or brown. €6.50 1,3 Tuna cheese & onion melt on a toasted bap. $\notin 9.95$ 1,7,10,11 Traditional toasted special: ham, cheese and onion served with homemade coleslaw and chips €12.50 Served with soup of the day $\notin 12..50$ 1,3,7,10,11 Grilled Irish chicken and bacon salad, with moroccan couscous, croutons and house dressing €12.50. 1,10,11 Jacks pork and black pudding sausage roll, served with, coleslaw, salad and apple chutney. €6.50 1,3,10/11 St Tola goats cheese tartlet, with spicy apple chutney and honey on a bed of salad leaves €12.95 1,10,11 Crispy haddock with our homemade Tartare sauce, salad and fries €16.95 1,3,4,7,10,11 Homemade Irish chicken & leek pie s/w Coleslaw salad & fries. €14.50 1,3,7,10, Childrens Menu Físh or chicken goujons & chips €7.95 Kelly's sausage and chips €7.95

Allergens.. 1) gluten 2) crustaceans 3) eggs 4) fish 5) peanuts 6) soy 7) milk 8) nuts 9) celery 10) mustard. 11) seasame seeds 12) sulfur dioxide 13) lupin 14) mollusc