



# LUNCH MENU

## LITE BITES

SOUP OF THE DAY <b>gf</b>	4.00
SALAD BOWL <b>gf</b>	4.50
GREEK FETA SALAD <b>gf</b>	5.00
CHICKEN CAESAR SALAD <b>gf</b>	5.00
GOATS CHEESE TART & SALADS	7.00
FRESH BAKED QUICHE & SALADS	7.00
CHICKEN TUNA TURKEY OR HAM SALAD	7.00
CHICKEN GOUJONS COLESLAW & CHIPS	8.00

## SANDWICH BAR

PANINI, BAGEL OR WRAP

SANDWICHES GARNISHED WITH CRISPS & SIDE SALAD

BLT	5.00
TURKEY & STUFFING	5.00
HAM & CHEESE	5.00
TUNA MELT	5.00
CHICKEN SALAD & CHEESE	5.00
SPICY CHICKEN & CHEESE	5.00
BEETROOT & EGG <b>V</b>	5.00

**OR BUILD YOUR OWN!!!**

## SIDES

CHIPS	3.00
SIDE SALAD <b>gf</b>	3.00
MASH <b>gf</b>	3.00
ONION RINGS	3.00
CORN ON THE COB <b>gf</b>	2.00
COLESLAW <b>gf</b>	2.00
BAKED BEANS <b>gf</b>	2.00

## BREAKFAST

<b>ALL DAY BREAKFAST</b>	<b>8.00</b>
2 Sausages 2 bacon pudding beans hash brown mushrooms egg & toast	
<b>THE MINI</b>	<b>6.50</b>
2 Sausages bacon hash brown beans egg & toast	
<b>3 EGG OMELETTE <b>gf</b></b>	<b>7.50</b>
Bacon & cheese chips & coleslaw	
<b>2 BACON BEANS &amp; CHIPS <b>gf</b></b>	<b>6.00</b>
<b>3 SAUSAGE 2 EGGS &amp; CHIPS <b>gf</b></b>	<b>6.00</b>
<b>AMERICAN MAPLE PANCAKES</b>	<b>4.50</b>
<b>BEANS &amp; TOAST</b>	<b>3.50</b>
<b>2 EGGS &amp; TOAST</b>	<b>3.50</b>

## MAINS

<b>BANGERS &amp; ONION GRAVY</b>	<b>9.00</b>
Mash & roast vegetables	
<b>SINGAPORE NOODLE STIR FRY <b>V</b></b>	<b>9.00</b>
<b>CAJUN CHICKEN BURGER &amp; CHIPS</b>	<b>9.50</b>
<b>FISH OF THE DAY</b>	<b>9.50</b>
<b>BAKED LASAGNE</b>	<b>9.50</b>
Chips garlic bread & coleslaw	
<b>CHICKEN CARBONARA &amp; GARLIC BREAD</b>	<b>9.50</b>
<b>BEEF OR CHICKEN CASSEROLE</b>	<b>9.50</b>
Mash & roast vegetables	
<b>CHICKEN BREAST <b>gf</b></b>	<b>9.50</b>
Mash roast vegetables & pepper sauce	
<b>5OZ STRIPLOIN STEAK <b>gf</b></b>	<b>11.00</b>
Mash chips crispy onions & pepper sauce	

# INTERVAL BISTRO

01 4627550 [info@intervalbistro.ie](mailto:info@intervalbistro.ie)