

LUNCH

SIGNATURE SANDWICHES

WHITE BLOOMER €7.00
Chicken, homemade stuffing, rocket & lemon basil mayo

SUN-DRIED TOMATO BLOOMER €7.00
Chicken, cheddar cheese, tomato, rocket, chipotle mayo & balsamic glaze

WRAPS

CHICKEN CAESAR WRAP €6.00
Chicken, bacon, mixed leaves, parmesan & caesar dressing

BASIL PESTO CHICKEN €6.00
Basil pesto chicken, sun-dried tomato, shredded carrot with seeds, rocket & mayo

VEGGIE WRAP €6.00
Falafel, mixed leaves, cucumber, cous-cous, greek yogurt & mint dressing

TUNA WRAP €6.00
Tuna sweetcorn mayo, tomato & mixed leaves

SALADS

SPOON SALAD €8.00
Sun-dried cranberries, cashew nuts, mozzarella, fresh mixed leaves, onions, peppers & home-made vinaigrette
Add Roast Chicken €9.00

GOAT'S CHEESE SALAD €8.50
Goat's cheese, roasted beetroot, caramelised walnuts, fresh mixed leaves, balsamic dressing
Add Roast Chicken €9.50

SPOON FALAFEL SALAD €8.00
Mixed leaves, cucumber, cous-cous, greek yogurt & mint dressing
Add Roast Chicken €9.00

QUICHE

QUICHE OF THE DAY & 3 SALADS €8.95

HOME-MADE SAUSAGE ROLL €3.00

HOME-MADE SAUSAGE ROLL & 3 SALADS €6.95

SOUP

HOMEMADE SOUP €4.00

SOUP & BROWN SODA BREAD €4.50

CUP OF SOUP €2.50

All sandwiches, wraps & ciabattas served with SALAD or CRISPS

HOT CIABATTAS

CHICKEN €7.00
Chicken, chorizo, goats cheese & home-made red onion relish

TURKEY €7.00
Turkey, bacon, stuffing, swiss cheese & cranberry mayo

CLUB €7.00
Chicken, bacon, lettuce, tomato, onion & mayo

SPOON CIABATTA €7.00
Chicken, brie, rocket & home-made roasted red pepper aioli

HOT SPOON SPECIALS

CAJUN CLUB €8.00
Cajun chicken, crispy bacon, swiss cheese, salsa & guacamole on a toasted ciabatta

HOT HONEY BAKED HAM €8.00
Hot honey baked ham, cheddar cheese, tomato, rocket, ballymaloe relish on a toasted ciabatta

GOAT'S CHEESE SPECIAL €9.00
Warms goat's cheese, honey roasted almonds, roasted cherry tomatoes, homemade basil pesto & balsamic dressing, served on brioche and a bed of mixed leaves
Add Roast Chicken €10.00

LUNCH COMBOS

Add a cup of soup
€2

Add a bowl of soup
€3

SALAD BAR

choose **plus**
ROAST CHICKEN **3 SALADS**
HONEY BAKED HAM **& DRESSING**
ROAST TURKEY **of your choice**

€8

SANDWICHES €5.00

1 MEAT & 2 SALADS

CHOOSE FROM

CHICKEN
HAM
TUNA
TURKEY

LETTUCE
TOMATO
ONION
STUFFING

CHEESE
EGG MAYO
COLESLAW
ROCKET

extra cold meat
€0.80

extra salad
€0.40

THE WOODEN SPOON

MONDAY TO SATURDAY
9.00AM - 4.00PM

BREAKFAST

BREAKFAST BRIOCHE BAP €5.00
Two sausages, one bacon & one fried egg

SAUSAGE SANDWICH €4.00

BACON SANDWICH €4.00

Add an item €1.00

BAGEL WITH CREAM CHEESE €4.00
Bagel with Cream Cheese & Bacon €5.00
Bagel with Cream Cheese & Smoked Salmon €8.00

TOAST €2.50

SCONES & PASTRIES €2.50
Add Tea or Coffee €4.50

FRENCH TOAST With Maple Syrup €7.00
With Berry Compote €7.00
Add bacon €1 extra

BLUEBERRY PROTEIN PANCAKES €6.00
Served with Honey (GF)

GRANOLA & YOGURT €4.50
Granola, Yogurt & Fresh Fruit €8.00
Granola, Yogurt & Berry Compote €8.00

FRESHLY SQUEEZED ORANGE JUICE €3.00

SMOOTHIES €4.00
MANGO MANIA
VITA BERRY
STRAWBERRY SURPRISE

COFFEE



	REG	LARGE
ESPRESSO	€ 2.00	€ 2.20
FILTER COFFEE	€ 2.00	€ 2.20
AMERICANO	€ 2.40	€ 2.80
LATTE	€ 2.80	€ 2.80
CAPPUCCINO	€ 2.80	€ 2.80
MOCHA	€ 2.80	€ 2.80
HOT CHOCOLATE	€ 2.80	€ 2.80

TEA

MUG OF TEA	€ 2.00
POT OF TEA FOR ONE	€ 2.50
POT OF TEA FOR TWO	€ 4.00
HERBAL TEA	€ 2.20

DRINKS

CANS	€ 1.75
BOTTLES	€ 2.25
BOTTLED WATER	€ 1.75

CAKES

CAKE OF THE DAY	€ 4.50
TRAY BAKE	€ 3.50

TREAT COMBOS

Tray Bake & coffee or tea

€5

Cake of the Day & coffee or tea

€6

Scone or Pastry & coffee or tea

€4.50