

# Menu

## BREAKFAST

<b>Hearty Porridge</b> €4.95 Served with Honey, Berry Compote and Natural Yoghurt (1, 7)	<b>Breakfast Roll</b> €5.95 McCarthy's of Kanturk Sausage, Rasher, Pudding, Egg in a freshly baked Baguette (1, 3, 7, 12)
<b>Homemade Buttermilk Pancakes</b> €7.50 Three American Style Pancakes, served with: Lemon & Sugar (1, 3, 7) Maple Syrup (1, 3, 7) Nutella & Strawberries (1, 3, 7, 8) Streaky Bacon & Maple Syrup (add €2.00) (1, 3, 7)	<b>Scrambled Eggs on Toast</b> €7.95 Light and fluffy freshly Scrambled Eggs served on toast (1, 3, 7)
<b>Traditional Full Irish Breakfast</b> €11.50 McCarthy's of Kanturk Sausages, Rashers, Black & White Pudding, Fried Egg, Grilled Tomato, Mushrooms & Toast (1, 3, 7, 12)	<b>Breakfast Omelette</b> €7.50 Delicious savoury Omelette served with your choice of filling: Cheese, Tomato, Onion, Mushrooms, Peppers, Ham)
<b>Mini Full Irish Breakfast</b> €9.50 McCarthy's of Kanturk Sausage (1), Rasher (1), Black & White Pudding, Fried Egg, Grilled Tomato, Mushrooms & Toast (1, 3, 7, 12)	<b>Homemade Sausage Roll</b> €1.75 Specially seasoned Sausage Meat wrapped in crisp homemade Pastry and served warm (1, 3, 7, 12)
<b>Vegetarian Breakfast</b> €9.50 Fried Egg, Grilled Tomato, Mushrooms, Beans, Hash Brown & Toast (1, 3, 7)	<b>Homemade Scone with Cream &amp; Jam</b> €2.50 (1, 3, 7) <b>Croissant</b> €2.50 (1, 3, 7) <b>Portion of Toast</b> €2.00 (1, 3, 7) <b>Homemade Brown Soda Bread</b> €2.00 (1, 3, 7)

## SANDWICH / SOUP

<b>Sandwich</b> Choose your fillings from our salad bar - served on Murphy's Freshly Baked Bread. Served toasted on request. (1, 3, 7, 10, 12) €4.95	<b>Panini / Ciabatta</b> Choose your fillings from our salad bar - served on your choice of Panini or Ciabatta. Served toasted. (1, 3, 7, 12) €5.50	<b>Toasted Special</b> Home Baked Ham, Cheese, Tomato & Onion toasted on Murphy's Bread served with Chips and Salad (1, 3, 7, 12) €9.95
<b>Homemade Soup of the Day</b> Freshly made daily, ask your server for today's flavour. Served with home baked Brown Bread (1, 3, 7, 9) €5.50	<b>Open Soda Bread Sandwich</b> Selection of fillings from our salad bar. Served on Brown Soda Bread fresh from our bakery. (1, 3, 7) €5.95	<b>Sweet Chilli Chicken Wrap</b> Chicken Fillet, Sweet Chilli Sauce on a lightly toasted Wrap. (1, 3, 7) €4.95

Gluten Free Bread available on request.

# Duhallo Community Food Services

ALLERGENS: 1 WHEAT, 1A OATS, 2 CRUSTACEANS, 3 EGGS, 4 FISH, 5 PEANUTS, 6 SOYABEAN, 7 MILK, 8 NUTS, 9 CELERY, 10 MUSTARD, 11 SESAME SEED, 12 SULPHITES, 13 LUPIN, 14 MOLLUSCS

DUHALLOW COMMUNITY FOOD SERVICES, TEL 029 76375  
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# Menu

## MAIN COURSE

Daily Specials Available, please ask any of our team.

**Roast of the Day** €13.95  
Served with Potatoes and Vegetables (See board for allergens)

**Homemade Beef Lasagne** €11.95  
Delicious Beef Lasagne, served with Chips and Side Salad (1, 3, 7, 10, 12)

**Homemade Quiche** €4.95  
Homemade daily with a selection of toppings on a crisp pastry base. (1, 3, 7, 9, 10, 12)

**Add Salad** €9.95

**Salad Plate** €9.95  
Choose two meats, and four salads from our Salad Bar

**Senior Citizen Special** €10.00  
Please check the board for today's specials or ask any of our team. See board for allergens

**Chicken & Mushroom Vol Au Vent** €11.95  
Chicken Pieces in a Creamy Mushroom Sauce in Crisp Vol Au Vent Case.. Served with Chips. (1, 3, 7, 9)

**McCarthy's of Kanturk Black Pudding & Bacon Salad** €9.95  
Tossed leaves and mixed salad with warm Pudding and Bacon and Vinaigrette dressing (1, 10, 12)

## PIZZA MENU €9.95

Served with Garlic Bread & Garlic Mayonnaise.

**7" Ham & Pineapple Pizza (1, 3, 7)**

**7" Meat Feast Pizza (1, 3, 7)**

**7" Pepperoni Pizza (1, 3, 7)**

Or create your own combination.  
Take Away Pizza only €7.50

### Side Orders

**Potato Wedges** €3.50

**Chips** €3.50

**Side Salad (10, 12)** €1.95

## KIDS MENU

### American Style Pancakes

Two Pancakes served with Chocolate Spread & Strawberries (1, 3, 7)

€4.95

### Chicken Goujons & Chips

Delicious Golden Chicken Goujons served with Fries (1, 3, 7)

€5.95

### Cheesy Pizza

7" Cheese Pizza (1, 3, 7)

€5.95

### Sausage & Chips

Savoury Sausages served with Chips (1, 3, 7, 12)

€5.95

### Baby Bowl

Potatoes, Veg & Gravy (6, 7)

€3.50

## DRINKS

**Tea** €2.75

**Americano** €3.20

**Cappuccino** €3.80

**Latte** €3.80

**Hot Chocolate** €4.20

**Soft Drink** €2.50

**Kids Juice** €1.75

**Herbal Tea** €3.00

ENJOY A HOMEMAKED PASTRY OR DESSERT WITH YOUR CUPPA!

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DID YOU KNOW THAT WE ARE A REGISTERED CHARITY AND BY SUPPORTING US WITH YOUR CUSTOM YOU ARE SUPPORTING OUR MEALS ON WHEELS SERVICE

**DUHALLOW  
COMMUNITY  
FOOD  
SERVICES**

# Saturday Menu

## Hearty Porridge

€4.95

Served with Honey, Berry Compote and Natural Yoghurt (1, 7)

## Speciality Granola Pot

€5.50

Layers of Creamy Yoghurt, Berry Compote and Homemade Crunchy Granola (1, 7, 8)

## Traditional Full Irish Breakfast

€11.50

McCarthys of Kanturk Sausages, Rashers, Black & White Pudding, Fried Egg, Grilled Tomato, Mushrooms & Toast (1, 3, 7, 12)

## Mini Full Irish Breakfast

€9.50

McCarthys of Kanturk Sausage (1), Rasher (1), Black & White Pudding, Fried Egg, Grilled Tomato, Mushrooms & Toast (1, 3, 7, 12)

## Vegetarian Breakfast

€9.50

Fried Egg, Grilled Tomato, Mushrooms, Beans, Hash Brown & Toast (1, 3, 7)

## French Toast

€7.50

Two slices of Brioche French Toast served with your choice of Topping:

Mixed Berry Compote (1, 3, 7)

Nutella & Strawberries (1, 3, 7, 8)

Streaky Bacon & Maple Syrup (add €2.00) (1, 3, 7)

## Homemade Buttermilk Pancakes

€7.50

Three American Style Pancakes, served with your choice of accompaniment:

Lemon & Sugar (1, 3, 7)

Maple Syrup (1, 3, 7)

Nutella & Strawberries (1, 3, 7, 8)

Streaky Bacon & Maple Syrup (add €2.00) (1, 3, 7)

## The Duhallow Breakfast Bap

€6.50

The Full Irish Bap- McCarthys of Kanturk Sausage, Crisp Bacon, Fried Egg & Ballymaloe Relish on a toasted Bap. (1, 3, 7, 12)

The Veggie Bap- Grilled Halloumi, Roasted Red Peppers, Mushrooms & Fried Egg on a toasted Bap. (1, 3, 7)

## BRUNCH SPECIALITIES

### Traditional Eggs Benedict

2 Poached Eggs, with Crispy Bacon on toasted DCFS Sourdough Bread with Hollandaise Sauce (1, 3, 7)

€9.95

### Smoked Salmon Bagel

West Cork Smoked Salmon, & Cream Cheese served on a lightly toasted Bagel (1, 3, 4, 7)

€9.95

### Avocado Toast

Lightly toasted DCFS Sourdough Bread topped with Avocado, Bacon & Poached Egg. (1, 3, 7)

€9.95

### Omelette

3 Egg Omelette, with a choice of filling: Ham, Mushrooms, Tomato, Cheddar Cheese, Goats Cheese, Spinach, Chicken, McCarthys Black Pudding, Sausage (Choose 3). (3, 7)

€7.50

## SIDES

### French Fries

€3.50

### Potato Wedges

€3.50

### Side Salad

€3.50

## SMOOTHIES

### Berry Blast - a mix of Berries, Yoghurt & Juice. (7)

€4.70

### Tropical- a mix of Mango, Pineapple, Passion Fruit, Yoghurt & Juice. (7)

€4.70

### Green Goddess- Spinach, Mango, Pineapple, Passion Fruit, Yoghurt & Juice. (7)

€4.70

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## SANDWICH SELECTION €7.50

CHOOSE FROM FRESHLY SLICED MURPHYS BREAD, CIABATTA  
OR TOASTED WRAP.

GLUTEN FREE BREAD AVAILABLE ON REQUEST.

### Toasted Special

Home-baked Ham, Cheddar Cheese, Tomato  
& Onion (1, 3, 4, 7, 10)

### Tuna Melt

Tuna Mayo topped with melted Cheddar  
Cheese, Peppers & Onion.  
(1, 3, 4, 7, 10)

### Goats Cheese Sambo

Goats Cheese, Roasted Peppers, Tomato &  
Chili Jam.  
(1, 3, 4, 7, 10)

### Turkey & Brie

Home baked Turkey, Melted Brie Cheese,  
Crisp Bacon & Cranberry Sauce  
(1, 3, 4, 7, 10)

### Cajun Chicken

Chicken, Chorizo, Cheddar Cheese, Cajun  
Spiced Mayonnaise.  
(1, 3, 4, 7, 10)

## CHILDRENS MENU

### American Style Pancakes

Two Pancakes served with  
Chocolate Spread &  
Strawberries (1, 3, 7)

€4.95

### Breakfast Pizza

7" Pizza with Sausage, Rasher,  
Pudding topped with melted  
Mozzerella (1, 3, 7, 12)

€5.95

### Porridge

Hearty Porridge, served with  
Mixed Berry Compote  
(1a, 3, 7)

€3.00

### Grilled Cheese Toastie

Grilled Cheese Sandwich  
served with Chips  
(1, 3, 7)

€5.95

### Cheesy Pizza

7" Cheese Pizza (1, 3, 7)

€5.95

### Mini Full Irish

Sausage, Rasher, Fried Egg  
& Toast.  
(1, 3, 7, 12)

€5.95

### Chicken Goujons & Chips

Delicious Golden Chicken  
Goujons served with Fries  
(1, 3, 7)

€5.95

ENJOY A  
HOMEBAKED  
PASTRY OR  
DESSERT WITH  
YOUR CUPPA!

## DRINKS

Tea	€2.75	Hot Chocolate	€4.20
Americano	€3.20	Soft Drink	€2.50
Cappuccino	€3.80	Kids Juice	€1.75
Latte	€3.80	Hot Chocolate	€5.50

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