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Slimming Salads

Fuel Buster

€9.95

Baby Spinach, kale, trip of quinoa, pomegranate, toasted almonds, lime & coconut dressing

1900 Vegan Superfood Salad

€9.95

Crisp baby gem, brown rice, tofu, charred courgettes, green beans, sultanas, broccoli, chilli basil & ginger infused olive oil

Five Mile Town Goats Cheese Salad

€10.95

Pickled heirloom beetroots, toasted candied Walnuts, poached pear, mixed leaf, white balsamic dressing

1900 Detox Special Salad

€10.95

Grapefruit, lemon & orange segments, heirloom melon cubes, crisp pancetta, asparagus, honey soaked avocado, watercress & rocket salad

Add Any Following Items to Your Salad

Grilled Chicken €3.00

Lime & Chilli Prawns €5.95

Poached Salmon €6.95

Oh so Good Sandwiches

Open Smoked Salmon & Prawn Sandwich

€13.95

Pickled fennel, cucumber ribbons, tartare crème, fresh Guinness fennel & sesame loaf

Vegetarian Open Sandwich

€12.95

Gluten free boule, pomegranate, golden beetroot & goats cheese wilted baby spinach, cherry & fig compote

The Detox

€13.95

Gluten free tortilla wrap stuffed with chargrilled chicken, artichoke, guacamole, courgette ribbons, dressed rocket & kale, raisin & almond chutney

1900 Chicken Sandwich

€13.95

Served with Waterford blaa, chorizo, honey & curried aioli, watercress, overnight roasted tomatoes, red cabbage & carrot slaw

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Healthy Hearty Food

Smoked Seafood Bouillabaisse €14.95

Tomato based stew with a medley of fresh & smoked seafood, samphire seaweed & baby potatoes with crispy sourdough toast

1900 "Nutri" Burger €14.95

Prime 8oz Irish beef burger, gluten free boule, avocado salsa, tomato & red onion relish, red cabbage & carrot slaw with sweet potato fries

Steak Sandwich €14.95

6oz prime sirloin Beef, toasted garlic ciabatta, white onion & truffle puree, sundried tomato ragout, peppered rocket, rosemary & parmesan fries

Brain Booster €14.95

Pan fried salmon fillet with hummus & wilted spinach, caper, parsley & lemon low fat crème fraîche, dressed lamb's leaf, poached hens egg

Vegan Friendly Curry €13.95

Chickpeas, sun blushed tomato, spinach & coconut curry, brown rice, crisp poppadum

Creamy Chicken & Asparagus Braise €13.95

Chicken breast, asparagus, baby potato, pea & leek broth infused with garlic, tarragon & lemon

Side Orders:

Skinny Fries	€3.50
Sweet Potatoes Fries	€4.00
Creamy Mash	€3.00
Tossed Green Salad	€3.95

"Guilt Free" Desserts

Homemade Trackers Bars €3.50

(low in sugar high in flavour)

Paleo Balls €3.50

Apple Crumble €5.95

Oats, goji berries, chia seeds, rhubarb sorbet desiccated coconut

Sticky Toffee Pudding €5.95

Caramel Sauce, chocolate Sticks, fresh berries

Always remember: Chocolate releases endorphins which make you happy 😊