

# TUSCANY BISTRO - LUNCH

## The Ultimate Italian Dining Experience

**LUNCH 12.30 - 4**  
**WED - SAT**

### **LIGHT BITES - SPUNTINI LEGGERI FRITTO**

**FRITO MISTO €9.95 (N) \*1,2,3,4,6,7,10,12**  
Assorted fresh fish deep fried in a tempura batter

**MINI FISHCAKES €9.95 (N) \*1,2,4,6,7,12**  
Three fresh chunky fishcakes with a hint of lime & chilli, crisp rocket salad, roasted vegetable salsa

**SPICY CHICKEN WINGS €9.95 \*6,7,9,10,12**  
Succulent Irish chicken wings cooked in a spicy hot sauce, Cashel blue cheese dip, celery sticks

**FRESH SOUP OF THE DAY €9.95 (N) \*1,6,7,9,10,12**

### **SANDWICHES - IL TRAMEZZINO**

**TUSCANY TOASTED SPECIAL €7.95 \*1,3,7**  
Ham, mozzarella cheese, red onion & Napoletana sauce

**CAESAR WRAP €7.95 \*1,3,4,7,10**  
Cos lettuce, bacon, parmesan cheese, chicken & Caesar dressing

**CIABATTA MILANESE €7.95 \*1,3,6,7,10**  
Bread crumbed chicken breast, mozzarella cheese, rocket leaves & Napoletana sauce

**CIABATTA €7.95 (N) \*1,3,6,7,10**  
Halloumi cheese, roast Mediterranean vegetables & basil pesto

### **SALADS - INSALATE**

**INSALATA DI TUSCANY €9.95 \*1,6,7,8,10,12**  
Mixed leaves, red onions, pineapple, sweetcorn, cherry tomatoes, roasted red peppers, olives, Amodeo dressing & toasted ciabatta

**CAESAR SALAD €9.95 \*1,3,4,7,10**  
Cos lettuce, bacon, croutons, freshly shaved parmesan & a traditional Caesar dressing

**BROWN PROTEIN PASTA SALAD €9.95 (N) \*1,3,7,8**  
Fusilli pasta, feta, rocket leaves, spinach, walnuts, pomegranate seeds & a citrus dressing

**POWER SALAD €9.95 (N) \*8,11**  
Mixed leaves, cous cous, avocado, sundried tomatoes, almonds, sesame seeds & a citrus dressing

**ADD CHICKEN €3.00**

**ADD PRAWNS €5.00**

### **MAINS - PRIMI PIATTI**

**LASAGNA EMILIANA €11.95 (N) \*1,3,6,7,8,10,12**  
THE REAL THING! Layers of lasagne with a rich beef ragout with locally sourced beef & pork, creamy bechamel sauce, crispy garlic bread & a crisp green salad or hand cut fries

**SPAGHETTI ALLA CARBONARA €11.95 \*1,3,7,12**  
Spaghetti served in a delicate cream sauce, pancetta, onions, Garlic, white wine & cracked black pepper  
**ADD PEAS OR MUSHROOMS €0.80**

**PASTA DI GIOVANNI €13.95 \*1,3,7,12**  
An explosion of flavours including diced chicken breast, onions, garlic, sweet sun blushed tomatoes, chorizo, feta, white wine, fresh cream, green & black olives & tagliatelle

**CHICKEN CACCIATORA €12.95 (N) \*1,3,6,7,8,12**  
Penne pasta with a mouth watering Napoletana sauce, diced chicken breast, onions, mushrooms, garlic butter, white wine, fresh herbs, splash of brandy & a fresh basil pesto

### **VEGETARIAN MAINS**

**VEGGIE LASAGNA €11.95 (N) \*1,3,6,7,8,10,12**  
Layers of lasagne with a vegetable ratatouille, Napoletana sauce, creamy bechamel sauce, crispy garlic bread & a crisp green salad or hand cut fries

**CANNELLONI €12.95 (N) \*1,3,6,7,8,10,12**  
Spinach & ricotta filling in a rich buttery tomato sauce or A creamy Cashel blue cheese & walnut sauce & a crisp green salad or hand cut fries

### **SIDES - CONTORNI**

**HAND CUT FRIES €3.50 (V) (N) \*1,2,4,6,7**  
**BABY POTATOES €3.50 (V) (N) \*6,7,8**  
**GARDEN VEGETABLES €4.00 (V) \*6,7**  
**SIDE SALAD €3.50 (V) \*7,12**

### **LA PIZZA - 9 INCH / 12 INCH**

Napoletana sauce & mozzarella cheese

### **CREATE YOUR OWN PIZZA**

**\*1,2,3,4,6,7,10,12**

**9 INCH €9.95      12 INCH €11.95**

### **PICK YOUR OWN TOPPINGS**

Roasted red peppers, red onion, aubergines, avocado, green/black olives, pineapple, sweetcorn, courgettes, sun blushed tomatoes, mushrooms, chilli, capers & rocket  
**€0.80**

Buffalo mozzarella, St Tola goats cheese, feta, Cashel blue & parmesan  
**€1.00**

Pepperoni, salame, ham, chorizo, bacon, diced chicken, spicy chicken, & anchovies  
**€1.50**

Prawns, assorted fresh fish & smoked salmon  
**€2.50**

THE REASON YOU ARE PROBABLY HERE - LUNCH

All meals are freshly cooked with absolutely no preservatives or additives from locally sourced products. Gluten free options are available for pizza, pasta & bruschetta selections. Please let your server know if you have any dietary requirements that we should be made aware of. No split bills for parties over 4 persons. Gratuities are at your discretion however 10% will be applied to tables of 8 or more.

1 - 14 - Allergen information. (N) - Contains Nuts. (V) - Vegetarian dish

\* 1 - Cereals. 2 - Crustaceans. 3 - Eggs. 4 - Fish. 5 - Peanuts. 6 - Soya Beans. 7 - Milk. 8 - Nuts. 9 - Celery. 10 - Mustard. 11 - Sesame Seeds. 12 - Sulphite. 13 - Lupin. 14 - Moluscs