

IT'S NEVER TOO LATE FOR A LITTLE BREAKFAST

EGGS BENEDICT 7.95 Poached Eggs & Bacon on Toast with Hollandaise	ALL DAY BREAKFAST 8.95 2 Sausage, 2 Bacon, Mushrooms, Egg, Pudding, Tomato, Rustic Potatoes & Toast
EGGS FLORENTINE 7.95 Poached Eggs & Spinach on Toast with Hollandaise	SCRAMBLED EGGS & BACON 6.95 Eggs & 2 Bacon with Toast
PANCAKES 4.50 With Maple Syrup	BREAKFAST BURRITO 7.95 Slow Cooked BBQ Pulled Pork, Scrambled Egg & Mozzarella Wrap with Rocket & Chipotle Sauce
PANCAKES WITH BACON7.50	

LITE BITES

BREAD & DIPS 5.50 Selection of House Baked Breads with Dips	CRISPY BEEF BRISKET BON BON 6.95 24 Hour Slow Cooked Brisket Wrapped up in a Breadcrumbs Coat with Horseradish Dip
CHICKEN LIVER PATE 6.95 with Toast & Cumberland Sauce	BRUSCHETTA 5.95 Tomato, Mushrooms, Onion, Mozzarella Cheese, Pesto & Balsamic
SPICY WINGS 6.95 Roasted & Tossed in a Spicy Sauce with a Sweet Chilli Dip	SOUP OF THE DAY 4.95 Fresh Home Made Soup With Bread
CALAMARI FRITTI 7.95 Squid Rings with Smoked Chipotle Mayo	SEAFOOD CHOWDER 6.95 Fresh Fish from O'Connell's, English Market
TIGER PRAWNS PIL PIL 9.95 Cooked in Olive Oil with Garlic & Chillies with Dipping Bread	CREAMY MUSHROOMS 4.95 Sauté Mushrooms with a Little Cream on Toast

SANDWICH PLATES

SERVED WITH FRIES OR HOME CUT CHIPS, CHOOSE A HOME MADE BREAD - TOMATO & FENNEL, WHITE, BROWN, WHOLE MEAL BROWN, BAP, BAGEL, WRAP OR GLUTEN FREE

B.L.T 6.50 Bacon, Lettuce & Tomato With Mayo	TOASTED SPECIAL 6.50 Ham, Cheese, Tomato & Onion
MEDITERRANEAN 6.95 Roasted Vegetables Topped with Goats Cheese & Pesto	CHICKEN BREAST 6.95 Mixed Leaves, Cherry Tomato & Chilli Mayo
BBQ HOT PULLED PORK 7.95 Mixed Leaves, Tomato, Pickled Cucumber, Rocket & Chipotle Sauce	POACHED SALMON 7.95 Fresh Salmon, Lettuce, Pickled Cucumber Rocket, Lemon and Dill Mayo

SALADS

WARM CHICKEN 8.95/11.95 Grilled Chicken on Mixed Leaves with Rustic Potatoes & a Light House Dressing	PRAWN & CHORIZO 11.95/14.95 Tiger Prawns & Sliced Chorizo Cooked in Cajun Spices & Garlic with Peppers on a Mixed Leaf Salad
CAESAR SALAD 6.95/9.95 Romaine Leaves, Croutons, Parmesan Shavings & Caesar Dressing	KITCHEN GARDEN SUPERFOOD SALAD 8.95/11.95 Roast Butternut Squash, Roast Sweet Potato, Beetroot, Lentils, Feta Cheese, Mixed Leaves & Citrus Dressing

ADD CHICKEN TO KITCHEN GARDEN OR CAESAR SALAD €3 EXTRA

"OUR PHILOSOPHY - WITH OUR EMPHASIS ON FRESHNESS & FLAVORS, OUR DISHES ARE PREPARED USING THE BEST LOCALLY SOURCED INGREDIENTS"

'Which is why we grow vegetables, herbs & fruit when in season at our own Kitchen Garden's Check out our facebook page and see your food grow. www.facebook.com/robs.allotment

WE ARE ALSO SUPPLIED BY CORKS FINEST

CHICKEN INN
K O'CONNELLS
TOM DURCAN

ENGLISH MARKET
ENGLISH MARKET
ENGLISH MARKET

FRESH IRISH CHICKEN
FRESH FISH
IRISH BEEF, PORK & SAUSAGES

O'CRUALAGH
ALL FRESH
14A ALLOTMENT -

BALLINCOLLIG
LITTLE ISLAND
ROB'S KITCHEN GARDEN

IRISH ORGANIC BEEF, LAMB & BACON
FRESH VEGETABLES
ORGANIC HERBS, VEGETABLES & FRUIT

BURGERS

ALL BURGERS ARE SERVED IN A BRIOCHE BUN WITH LETTUCE, TOMATO, SLICE OF ONION,
FRIES OR HOME CUT CHIPS

CLASSIC BEEF 🍔.....8.95 Prime Beef With Tomato Relish	CHICKEN FILLET 🍔🌱🌶️🌾.....9.95 with Honey & Mustard Mayo
BACON & CHEESE BURGER 🍔.....9.95 Prime Beef with Bacon & Cheese	CLASSIC LAMB 🍔🌱🌶️.....9.95 with Feta & Tzatziki
DIRTY BURGER 🍔.....11.95 Prime Beef, Pulled Pork & Cheese	FALAFEL BURGER 🌱🍔🌶️🌾🌱.....9.95 Homemade Falafel served in a Pita with Salad & Tzatziki
BLACK AND BLUE 🍔.....9.95 Prime Beef, Black Pudding, Caramelised Onion & Melted Cashel Blue	HALOUMI & MUSHROOM 🌱🍔🌶️.....9.95 Grilled Haloumi, Portobello Mushroom, Roast Peppers & Pesto

EXTRA TOPPINGS

Mozzarella Cheese95	Grilled Bacon..... 1.50	Sauté Onions 1.20
Blue Cheese 1.50	Fried Egg 1.20	Pepper Sauce 1.50
Feta 1.50	Sun-dried Tomatoes 1.50	Sliced Chorizo..... 1.50
Pulled Pork.....3.00	Roast Peppers..... 1.20	Garlic Butter 1.20

MAINS

FISH & CHIPS 🌱🍔.....11.95 Todays Market Fish with Pea Puree & Tartar Sauce	GOOD OLD FASHIONED CURRY Served with Rice, Mango Chutney, Yogurt & Poppadom
FISH CAKES 🍔.....9.95 Salad, Fries or Home Cut Chips & Chilli Jam	CHICKEN 🍔.....9.95
SEAFOOD PANCAKE 🌱.....11.95 Salad & Fries or Home Cut Chips	BEEF 🍔.....13.95
TODAYS FRESH TART 🌱🌶️🍷.....9.95 Served with Salad (See Blackboard/ask Server)	PRAWN 🍔.....14.95
STEAK SANDWICH 🍔🍔.....12.95 Mushrooms & Onions, Salad, Fries or Home Cut Chips	VEGETARIAN 🌱.....9.95
SPINACH & MUSHROOM PANCAKE 🌱🌱.....9.95 Salad & Fries or Home Cut Chips	BEEF LASAGNE 🍔.....9.95 Layers of Pasta & Beef Bolognese Topped with Cheese Sauce, Salad & Garlic Bread
GOUJONS OF CHICKEN 🌱🍔.....9.95 Garlic Dip, Salad, Fries or Home Cut Chips	PENNE POLLO 🌱🍔🌱OPTION.....11.95 Penne with Chicken, Mushrooms, Onions and Basil in a White Wine & Cream Sauce
	PENNE PRAWNS 🌱🌱🍔OPTION.....13.95 Penne with Tiger Prawns, Chilli, Spring Onions, Garlic & Pesto
	PENNE PESTO 🌱🌱🍔OPTION.....9.95 Penne with Green Beans, Rocket, Cherry Tomatoes & Sundried Tomato Pesto

SIDES

HOME CUT CHIPS.....3.50	MIXED VEGETABLES3.50
STRING FRIES.....2.95	HOUSE SIDE SALAD.....3.50
WILTED SPINACH.....3.95	SWEET POTATO FRIES4.50
GARLIC BREAD2.95	CREAMED POTATOES2.95
GARLIC BREAD & CHEESE3.50	BASKET OF BREAD.....3.50

DESSERTS

Mixed Fruit Crumble, Sauce Anglaise.....5.95	Tiramisu, Chocolate Sauce.....6.50
Meringue with Fruit, Cream & Kiwi Puree6.95	Chocolate Fudge Cake, Caramel & Chocolate Sauce5.95
Crepes with Banana & Toffee Sauce.....6.50	
Warm Apple Pie with Caramel Sauce & Cream5.50	

IF YOU HAVE A FOOD OR DRINK ALLERGY OR INTOLERANCE PLEASE INFORM A MEMBER OF OUR TEAM.
THE FOOD ALLERGENS USED IN THE PREPARATION OF OUR FOOD CAN BE VIEWED IN THE SEPARATE
MENU AVAILABLE AT THE COUNTER.