

LUNCH MENU

12PM - 3PM

THURS - SAT

EXPRESS LUNCH DISHES

Seasonal soup of the day €4.50

SERVED WITH HOMEMADE BREAD

1 . 5 . 7 . 8

Smoked salmon bagel €12

OPEN TOASTED BAGEL | BEETROOT GOATS CHEESE | LEMON & DILL
CREME FRAICHE | ROCKET LEAVES | HOME-CUT CHUNKY FIRES

1 . 3 . 7

Chargrilled beef sandwich €12.50

OPEN TOASTED SOURDOUGH BREAD | ANNIE'S ORGANIC GARDEN
GREENS | GARLIC MAYONNAISE | RED ONION | BASIL PESTO | SERVED
WITH A CHOICE OF SOUP OR HOME-CUT CHUNKY FRIES

5 . 6 . 7 . 8 .

Southern fried chicken goujon wrap €11

BABY GEM LETTUCE | BARBECUE SLAW | CHEDDAR CHEESE | SERVED WITH A
CHOICE OF SOUP OR HOME-CUT CHUNKY FRIES

1 . 2 . 7

Homemade vegetable quiche €11

MIXED SEASONAL VEGETABLES | SERVED WITH HOUSE SALAD &
HOME-CUT CHUNKY FRIES

1 . 2 . 7 . 8 .

Goat's cheese & beetroot salad €8

ANNIE'S FARMED ORGANIC GREENS | TIPPERARY GOAT'S CHEESE
| ROASTED BEETROOT | HOUSE LEMON DRESSING

1 . 8

ALLERGENS

1. MILK 2. EGGS 3. FISH 4. SHELLFISH 5. TREE NUTS 6. PEANUTS 7.
WHEAT/GLUTEN 8. SOYA

MAIN DISHES

MARKET FISH OF THE DAY €17

SERVED WITH BAKED POTATO MASH | HONEY ROASTED SEASONAL
VEGETABLES | LEMON & SAFFRON SAUCE

1 . 8

CHARGILLED BEEF BURGER €15

8OZ BURGER SERVED IN A WARM BRIOCHE BUN | CHEDDAR CHEESE |
BEETROOT SLAW | BABY GEM LETTUCE | HOME-CUT CHUNKY FRIES

1 . 2 . 7 . 8

VEGETARIAN LENTIL MEATBALLS €13.50

FRUITY COUS-COUS | NORTH AFRICAN SPICED TAGINE SAUCE | TOASTED
PINE-NUTS | HERB GARLIC OIL

7 . 8

ALLERGENS

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CASTLE STREET
CAHIR, CO.TIPPERARY
+353 52 7445359

WWW.LAVAROCKRESTAURANT.COM

DESSERT

BAKED STRAWBERRY ALASKA €6.00

HOMEMADE STRAWBERRY ICE CREAM INSIDE | ITALIAN MERINGUE | LEMON CURD | MARINATED STRAWBERRIES

1 . 2 . 5 . 6 . 7

WARM BAKEWELL TART €6.00

SERVED WITH VANILLA ICE CREAM | CREME ANGLAISE

1 . 2 . 5 . 6 . 7

CHOCOLATE HAZELNUT PRALINE FEUILLETINE TORTE €6.00

CHOCOLATE GANACHE | VANILLA ICE CREAM

1 . 2 . 5 . 6 . 7

ALLERGENS

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BEVERAGES | MINERALS

BOTTLED MINERALS €2.90

COCA-COLA | COKE ZERO | SPRITE | FANTA

MINERAL WATER €3.20

ELDERFLOWER TONIC WATER (200ML) €2.90

HEINEKEN 0.0% €3.90

ORANGE JUICE | APPLE JUICE €3.00

AMERICANO | DECAFF AMERICANO €3.00

CAPPUCINO €3.20

LATTE €3.50

ESPRESSO €2.50

DOUBLE ESPRESSO €2.80

TEA €2.50

INFUSION TEA €2.95

EARL GREY BLUE FLOWER | PEPPERMINT |
LEMONGRASS & GINGER | GREEN TEA SENCHA | RED BERRY