Lunch

**Appetisers**

- **Spicy Buffalo Chicken Wings** with Cashel blue cheese dip & celery 14.95
- **Baked Nachos** with cheddar cheese, guacamole, tomato salsa, house pickled jalapeños & sour cream 9.50
- **Today’s Special Soup** 5.95
- **Crisp Fried Squid** with smoked tabasco & lime aioli, fennel & herb slaw, chilli spiced peanuts 9.95
- **Panko Coated Gambas** with housemade Mexican siriacha, creamed corn 11.95
- **Heirloom Tomato Salad** with Macroom buffalo mozzarella, black garlic & shallot vinaigrette, savoury granola 10.95
- **Aubergine Puree** with spiced chickpeas, sundried tomatoes, rose harissa tahini, spiced nut dukkah, flat bread 9.95

**Salads**

- **Asian Chicken Noodle Salad** w/ sesame, coriander, chilli, satay dressing, spiced peanuts 15.95
- **Baby Spinach & Bacon Salad** with poached hens egg, pinenuts, garlic croutons, mustard dressing & Parmesan 14.95
- **Caesar Salad** with baby cos, white anchovies, garlic croutons, Parmesan 11.95

*Add Grilled Chicken +3.50  Add Bacon +2.50*
Sandwiches & Omelettes

Chicken Club Sandwich with bacon, lettuce, tomato, smoked jalepeno mayo  13.50

Grilled Steak Ciabatta Roll w/ mustard mayonnaise, fried onions, tomato & rocket  14.95

Aubergine Puree & Spiced Chickpea Flatbread w/ grilled courgette, rose harissa tahini, pickled onions, nut dukkah  12.50

Add Grilled Haloumi +2

Sundried Tomato, Spinach & Feta Omelette  12.95

Smoked Bacon & Aged Cheddar Cheese Omelette  12.95

Mains

Canal Bank Café Burger w/ aged cheddar cheese, smoked bacon, mustard mayonnaise, fried onions & French fries  16.95

Crisp Buttermilk Chicken Burger w/ chipotle dressed slaw, pickled jalepenos, French fries  16.95

Fish & Chips – beer battered fillet of haddock w/ minted pea puree, tartare sauce  19.95

Steak Frites. chargrilled porcini rubbed striploin steak w/ mustard dressed salad, roast garlic aioli, frites  20.95

Pasta w/ ‘nduja salami, black olives, tomato, chilli & sage sauce, feta & Parmesan cheese  17.50

Sides

French Fries – matchstick or medium cut  4.95

Roast Rosemary & Garlic Potatoes  4.95

Marinated Fennel & Herb Salad w/ tomato & black olives  4.95

Small Caesar Salad  5.95

Spiced Cauliflower w/ tahini rose harissa dressing, nut dukkah  4.95